



## Week 9 Resilience

**BOUNCE BACK**

This week the children have found out that: support from family and friends, a healthy body, knowing your strengths (and what you are not so good at) and understanding your emotions, all help us become more **resilient**.

We thought about Suzy Sheep Weeble who can't be pushed over—she just keeps **bouncing back**!

The children recognised that sometimes emotions can be overwhelming and when this happens we need strategies which help us **feel calm**.

Reception, year 1 and year 2 made calming glitter bottles and KS2 made stress balls made of flour and rice.

