

BOUNCE BACK

Feeling afraid,
but not letting
that stop you.

Knowing when
to ask for help.

Knowing others
care about you.

Being willing to
try new things
and aim high.

Resilience

BOUNCE BACK

Having self-
belief.

Knowing what
you are good at
and using these
skills.

We all need to draw on our **resilience** when we get things wrong or when we have to adapt to change.

It's like dressing up to protect yourself to go out on a snowy day, the different warm layers of representing all the different things we need to build our resilience:

Understanding the
things you're not so
good at but not
letting this hold you
back.

- The importance of friends and family
- Looking after the health of your body
- Understanding your emotions and trying to focus on the positive
- Knowing yourself
- Being open to trying new things
- And finally asking for help when you need it!

The children worked in groups to solve tricky puzzles. They had to think creatively about how to make shapes using sticks and balls.

The children needed all their resilience skills to solve the challenges and bounce back from any mistakes!

