

# Exploring: What is resiliency?

## Activities.

### Key message.

Resilient people are comfortable in talking about and expressing a range of emotions.

### Outcomes.

Students will be able to understand that:

- › Being resilient is not about keeping things inside, but expressing how you feel and moving forward
- › The resilient person knows how to control their emotions so that they are able to push forward with a plan of action
- › There are many instances in life where resilience appears

### Resources Required.

- › Post-It notes
- › Pictures / magazine photos that can be interpreted differently or Picture This resource (St Lukes Innovative Resources)

### 1) Buzz idea ⌚ 15 mins

#### A picture tells a thousand words..

- › A great way to introduce a topic!
- › Spread picture cards over classroom floor. Ask students to choose a picture card they think best relates to the word resiliency (bouncing back, bouncing forward). Students then share what their card means in relation to resiliency



### 2) What is resiliency? ⌚ 25 mins

Discuss with students what resiliency is (*the ability to bounce back, bounce forward from tough times*). Place ideas on board, and give students definition.

- › On a post it note, each student writes down their own definition and an example of when they, or someone they know has been resilient
- › The class forms two large concentric circles. The students in the inner circle share their definition. The students in the outer circle share their example. The inner circle then rotates clockwise and the process is repeated until everyone has shared
- › Students then swap from inner circle to outer circle and share their other piece of information
- › Draw a Y chart on the board. As a class, brainstorm what it looks like, feels like and sounds like to be resilient

