



# Be Resilient

## Home Activity

We are all likely to experience ups and downs in life. We can't always predict what life throws at us. However there are things that can help us to deal with challenges and setbacks, and even learn and grow as a result.

In this unit, we are covering:

- Everyone goes through ups and downs in their life
- Resilient people cope better with difficulties
- I can learn to be more resilient

### Early Level (P1)

Talk to someone at home and find out about a time they found challenging. What things did they do to help them cope? Draw a picture of them overcoming their challenge.

### First Level (P2–P4)

Think about someone that inspires you – perhaps a parent, your class teacher, grandma or a neighbour (or a character from a book or film, or someone famous). Find out about a time they found challenging and what they did to overcome it. What things did they do to help them cope? Create a poster with the ideas you come up with.

### Second Level (P5–P7)

Interview someone that inspires you – perhaps a parent, your class teacher, grandma, or a neighbour (or a character from a book or film, or someone famous). Find out about a time they found challenging and what they did to overcome it. What things did they do to help them cope? Create a poster with the ideas you come up with. Are there any that you think are really unusual or inventive?

*Please return your home activity to school so you can share your ideas with your class. Some examples will be chosen to share at our Sharing Assembly.*

