

# UNIT 1



BE RESILIENT



# Unit 1 – Be Resilient



## Background

Resilience is a key factor in protecting and promoting good mental health<sup>1</sup>. It relates to the things (both internal and external) that act as protective factors to help us cope with the ups and downs of life. The focus of the first unit is to introduce children to the concept of resilience and how we can support its development.

In order to help children to grasp the tricky concept of resilience we will refer to life being like a river<sup>2</sup>. As we travel down the river of life, sometimes we find ourselves in calm waters where the journey is relaxed and enjoyable. However, sometimes we can find ourselves in turbulent waters, full of obstacles and difficulties, and the journey becomes about survival and keeping our heads above water.

Some children are lucky enough to be born in the calm waters, where all those about them are able to help protect and support the child and teach them valuable skills to navigate the river. However, some children are born into the more turbulent waters where they may not have the same support, and so learning these skills can be harder, as resources are scarce and adults around them are also struggling to keep their heads above water. Equally, our starting points may be influenced by biological, organic and genetic factors that are outwith our control.

Wherever we may start, we can all find ourselves in turbulent waters during our lives eg as a result of bereavement, job loss, setbacks, illness or relationship breakdown. So the key question is how can we gather resources around us and learn and develop skills and strategies that protect us in tougher times and help us to navigate back to calmer waters<sup>3,4</sup>

Equally important is to guard against the desire to protect children from experiencing the ups and downs of the river of life by grounding them to the shore. In the effort to keep them safe and deal with all their difficulties for them, research suggests we might be undermining the development of resilience<sup>5</sup>. Instead, our role is to help teach children to develop the skills and strategies, and build resources and support to help them cope with setbacks, so that, as they grow up, they have the tools necessary to look after and support their own mental health and wellbeing.

## Overview

In this unit, pupils will be introduced to our character called Skipper. Skipper is the captain of his boat and, like everyone on the river, goes through various ups and downs on his journey. On his way, he will introduce the children to ten different tools and resources that help us navigate the river of life and support the development of resilience. These 'ten tools' are grounded in research and include, but are not limited to, the presence of positive relationships and role models, the development of good social and emotional skills (eg self-awareness, reflection, problem solving, empathy and relationship skills), participating in activities, having hobbies and interests and a sense of meaning and belonging<sup>6</sup>.

## Key messages to communicate

### 1. Everyone goes through ups and downs in their life

Children will be introduced to the river of life and learn that everyone experiences ups and downs in their lives and that this is normal. We all have to face day-to-day challenges, and how well we are able to respond to these has a big impact on our wellbeing<sup>7</sup>.

### 2. We can learn to be more resilient

While we cannot predict what life throws at us, the good news is that we can build a range of skills and gather around us resources that help protect us during adversity, and enable us to recover, respond and deal more effectively with challenges, and even learn and grow as a result. Everyone can benefit from learning more about the things that can help us to be more resilient.

### 3. Resilient people cope better with difficulties

Resilient people often share similar characteristics and experiences<sup>8</sup> which form the backbone of the ten tools. This section encourages children to find some positive resilience role models in order to normalise the experience of setbacks, and give them a platform to discuss, observe and learn from the experiences of others.

## Role model it



Share with your class about a time you went through a difficult time. How did you feel? Who or what helped you to get through it?

## Assembly notes

### Launch assembly

Suggested music for children entering: 'River' by Emeli Sandé.

*Boundin'* is a musically narrated story about a dancing sheep, who loses his confidence after being sheared. The video is at [www.youtube.com/watch?v=hZHtn4\\_Xtgc](http://www.youtube.com/watch?v=hZHtn4_Xtgc)

### Reflection assembly

Ensure the assembly hall is dark and only lit by a table of candles at the front of the room. Instil a model of absolute quiet as the children enter the hall. Suggested music to play for children entering: 'River' by Joni Mitchell.

*Oh, the Places You'll Go!* by Dr Seuss: You can play the version of the story on YouTube – <https://www.youtube.com/watch?v=NGNdWNnFSxE>. An animated version is at [www.youtube.com/watch?v=oxdV0Fdtx7I](http://www.youtube.com/watch?v=oxdV0Fdtx7I)

### Sharing assembly

Suggested music for children entering: 'River' by Emeli Sandé.

## Additional information

TED TALK: Guy Winch – Why we all need to practise emotional first aid.  
[https://www.ted.com/talks/guy\\_winch\\_the\\_case\\_for\\_emotional\\_hygiene?language=en](https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?language=en) His book is also listed in the references below.

Supporting Children: A guide to promoting mental and emotional wellbeing. This comprehensive staff resource is the accompanying text to these learning and teaching materials.  
[http://www.edinburgh.gov.uk/downloads/file/2898/supporting\\_children\\_guide](http://www.edinburgh.gov.uk/downloads/file/2898/supporting_children_guide)

The Little Book of Resilience: How to bounce back from adversity and lead a fulfilling life by Matthew Johnstone (2015).

The Action For Happiness Website has lots of interesting ideas and background research into tools, strategies and resources that help develop resilience, and overlaps with many of ours – [www.actionforhappiness.org](http://www.actionforhappiness.org)

## References

<sup>1</sup> Mind and Mental Health Foundation (2013). 'Building Resilient Communities: Making every contact count for public mental health.' Retrieved from [http://www.mind.org.uk/media/343928/Report - Building resilient communities.pdf](http://www.mind.org.uk/media/343928/Report_-_Building_resilient_communities.pdf)

<sup>2</sup> Eriksson, M and Lindstrom, B (2008). A salutogenic interpretation of the Ottawa Charter. *Health Promotion International*, 23(2), pp 190–199  
Retrieved from <http://heapro.oxfordjournals.org/content/23/2/190.full>.

<sup>3</sup> Daniel, B and Wassell, S (2002). *The School Years: Assessing and promoting resilience in vulnerable children (2)*. London: Jessica Kingsley

<sup>4</sup> McGrath, H and Noble, T (2011). *Bounce Back: A wellbeing and resilience program*. Melbourne: Pearson Education

<sup>5</sup> LeMoyne, T and Buchanan, T (2011). Does 'hovering' matter? Helicopter parenting and its effect on well-being. *Sociological Spectrum*, 31 (4), pp 399–418

<sup>6</sup> Masten, A S (2001). Ordinary magic: Resilience processes in development. *American Psychologist*, 56, pp 227–238

<sup>7</sup> Winch, G (2014). *Emotional First Aid: Healing rejection, guilt, failure, and other everyday hurts*. New York: Plume Books

<sup>8</sup> Werner, E E and Smith, R S (2001). *Journeys From Childhood to Midlife: Risk, resiliency, and recovery*. New York: Cornell University Press

Building Resilience



BE RESILIENT

Launch Assembly

Promoting Emotional Health & Well-being

Building Resilience

Be Resilient

*'A boat is safe in the harbour, but that's not what boats are for.'*

(John A Shedd)



Promoting Emotional Health & Well-being

Building Resilience



Be Resilient

In this unit we will cover:

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

Promoting Emotional Health & Well-being

Building Resilience



Everyone goes through ups and downs in their lives



Promoting Emotional Health & Well-being

Building Resilience



The River of Life

Sometimes we can describe the ups and downs of life as being like a river.

The river of life takes everyone on a different journey, each one full of expeditions and adventures.

Promoting Emotional Health & Well-being

Building Resilience

Sometimes we will find ourselves in calm waters



When the river is calm, it is easy to enjoy the journey.

When this happens in life, we feel like everything in our lives is going smoothly.

Promoting Emotional Health & Well-being

Building Resilience

Sometimes we will find ourselves in difficult waters



When the river hits rocks, rapids and obstacles, it becomes much more difficult to keep going.

When this happens in life, we can find it much more difficult to cope with the ups and downs of life.

Promoting Emotional Health & Well-being

Building Resilience

We can't control what life throws at us



Everyone will enjoy times in the calm waters



Do you know? This is a normal part of life

Sometimes we will all find ourselves in difficult waters

Promoting Emotional Health & Well-being

Building Resilience



We can learn to be more resilient



Promoting Emotional Health & Well-being

Building Resilience

We are learning how to navigate the river of life

I am resilient



Skipper is the captain of his boat, sailing along the river of life.

Just like you, Skipper experiences a range of ups and downs every day.

He is learning how to navigate his boat around the obstacles and has even got better at coping when his boat gets into difficulties.

Promoting Emotional Health & Well-being

Building Resilience

We can all learn ways to cope better with the river of life



Skipper wasn't born with an ability to navigate his way through choppy waters. He had to learn the skills he needed as he grew up.

Each time he met a new challenge, he developed ways to cope.

Promoting Emotional Health & Well-being

Skipper has found that these ten things help him to cope with the river of life



Building Resilience



**Resilient  
people cope  
better with  
difficulties**



Promoting Emotional Health & Well-being

Building Resilience



**We can learn to cope  
with the river of life**

On the river we have a boat  
to help us navigate our way  
around the obstacles.

Just like Skipper, you are  
the captain of your boat.

Promoting Emotional Health & Well-being

Building Resilience

**Some captains have  
few things to help them**

As a result they:

- may have a tricky time coping with obstacles in their path
- have little protection from the storms and cold water



Do you know?  
Without these things you will  
not be as well equipped to  
tackle the river's obstacles.

Promoting Emotional Health & Well-being

Building Resilience

**Some captains have  
more things to help**

As a result they:

- can find new paths when obstacles block their way
- are better equipped to protect themselves in the difficult waters
- have ways to get back to the calmer waters



Do you know?  
The more of these things  
we have, the more  
resilient we will be.

Promoting Emotional Health & Well-being

Building Resilience

Skipper has a video  
clip about someone  
who had to learn to  
'be resilient'.



Promoting Emotional Health & Well-being

Building Resilience

**Resilience Role Models**

Ask yourself ...  
Who do you know who  
has faced a challenge  
or setback?



What were the things  
that helped the sheep?



Promoting Emotional Health & Well-being

Building Resilience

Class Task

Discover some more examples of Resilience Role Models. What helped them get through their difficult time?

Home Activity

Create a poster of a Resilience Role Model. Think of someone who demonstrates resilience.



Promoting Emotional Health & Well-being

Building Resilience

Stronger

by Stephen Fischbacher

What do you do when you trip up  
What do you do when you stumble  
Do you stay down on the ground  
Or get back on your feet again?

What do you do when you fall down  
What do you do when you tumble  
Do you stay down on the ground  
Or get back on your feet again?

Promoting Emotional Health & Well-being

Building Resilience

Stronger, you'll be stronger  
Stronger, you'll be stronger  
Every time you get back  
Every time you get back up

What do you do when you fail it  
What do you do when you lose it  
Do you stay down on the ground  
Or get back on your feet again?

Promoting Emotional Health & Well-being

Building Resilience

What do you do when you miss it  
What do you do when you blow it  
Do you stay down on the ground  
Or get back on your feet again?

Stronger, you'll be stronger  
Stronger, you'll be stronger  
Every time you get back  
Every time you get back up

S - T - R - O - N - G - E - R (X 4)

© Fischy Music [www.fischy.com](http://www.fischy.com)

Promoting Emotional Health & Well-being

Building Resilience

Be Resilient

'Our greatest glory is  
not in "never falling",  
but in rising  
every time we fall.'

(Confucius)



Promoting Emotional Health & Well-being

Building Resilience

Time for reflection

Be Resilient



Promoting Emotional Health & Well-being

Building Resilience

Be Resilient

'She stood in the storm, and when  
the wind did not blow her away,  
she adjusted her sails.'

(Elizabeth Edwards)

Promoting Emotional Health & Well-being

Building Resilience



Be Resilient

In this unit we have covered:

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

Promoting Emotional Health & Well-being

Building Resilience

Time to think ...



Promoting Emotional Health & Well-being

Building Resilience

Who do you know who has learned  
to cope with a challenge?



We are surrounded by people who are able to show resilience skills.

Promoting Emotional Health & Well-being

Building Resilience



What skills helped the sheep to get back on his feet?

Promoting Emotional Health & Well-being

Building Resilience

**Skipper's favourite story is *Oh, the Places You'll Go!* by Dr Seuss.**

**It is all about the ups and downs in the river of life.**



Promoting Emotional Health & Well-being

Building Resilience



**What have you learned about what can help you when you go through a hard time?**

Promoting Emotional Health & Well-being

Building Resilience

**Reflection Time**



Promoting Emotional Health & Well-being

Building Resilience



BE RESILIENT

Sharing Assembly

Promoting Emotional Health & Well-being

Building Resilience



Be Resilient

In this unit we will have learned that:

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

Promoting Emotional Health & Well-being

Building Resilience

At the start of this unit, you were asked to ...



Create a poster of someone who demonstrates resilience.

Promoting Emotional Health & Well-being

Building Resilience

Building Resilience

**Stronger**  
by Stephen Fischbacher

What do you do when you trip up  
What do you do when you stumble  
Do you stay down on the ground  
Or get back on your feet again?

What do you do when you fall down  
What do you do when you tumble  
Do you stay down on the ground  
Or get back on your feet again?

Promoting Emotional Health & Well-being

Building Resilience

Stronger, you'll be stronger  
Stronger, you'll be stronger  
Every time you get back  
Every time you get back up

What do you do when you fail it  
What do you do when you lose it  
Do you stay down on the ground  
Or get back on your feet again?

Promoting Emotional Health & Well-being

Building Resilience

What do you do when you miss it  
What do you do when you blow it  
Do you stay down on the ground  
Or get back on your feet again?

Stronger, you'll be stronger  
Stronger, you'll be stronger  
Every time you get back  
Every time you get back up

S - T - R - O - N - G - E - R (X 4)

© Fischy Music [www.fischy.com](http://www.fischy.com)

Promoting Emotional Health & Well-being

Building Resilience

Being Resilient

'It is not the strongest of the species  
that survives, nor the most intelligent.  
It is the one that is the most  
adaptable to change.'

(Charles Darwin)



Promoting Emotional Health & Well-being



BE RESILIENT

**‘A boat is safe in the harbour,  
but that’s not what boats are for.’**

John A Shedd



BE RESILIENT

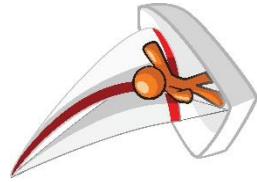
**‘A boat is safe in the harbour,  
but that’s not what boats are for.’**

John A Shedd

## Be Resilient

Resilience is a key factor in protecting and promoting good mental health. While we can't always predict what life throws at us, the good news is there are a range of different skills, strategies and resources that can help us to cope.

In this unit, pupils will be introduced to a character called Skipper. Skipper is the captain of his boat which travels down the river of life. Like everyone he goes through various ups and downs on his journey.



On his way, Skipper will introduce the children to ten things that help us to navigate the river of life and support the development of resilience. These things include the importance of positive relationships and role models, the development of good social and emotional skills, participating in activities, having hobbies and interests and a sense of meaning and belonging.

### In this unit, we will be learning that:

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

### Talk It Over:

Share with your child an example of when you have gone through a difficult time. How did you feel? Who or what helped you to get through it?

### Home Activity:

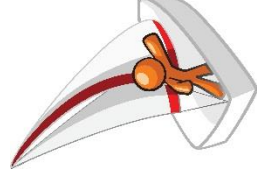
Create a poster of someone who has come through a difficult time. Label your poster with things that have helped them get through difficult times. Please see the accompanying sheet for specific instructions for P1 to P7.

**Key Book:** *Oh, the Places You'll Go* by Dr Seuss

## Be Resilient

Resilience is a key factor in protecting and promoting good mental health. While we can't always predict what life throws at us, the good news is there are a range of different skills, strategies and resources that can help us to cope.

In this unit, pupils will be introduced to a character called Skipper. Skipper is the captain of his boat which travels down the river of life. Like everyone he goes through various ups and downs on his journey.



On his way, Skipper will introduce the children to ten things that help us to navigate the river of life and support the development of resilience. These things include the importance of positive relationships and role models, the development of good social and emotional skills, participating in activities, having hobbies and interests and a sense of meaning and belonging.

### In this unit, we will be learning that:

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

### Talk It Over:

Share with your child an example of when you have gone through a difficult time. How did you feel? Who or what helped you to get through it?

### Home Activity:

Create a poster of someone who has come through a difficult time. Label your poster with things that have helped them get through difficult times. Please see the accompanying sheet for specific instructions for P1 to P7.

**Key Book:** *Oh, the Places You'll Go* by Dr Seuss

# 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.*





**BE RESILIENT**

UNIT 1

# Be Resilient

## Classroom activities for Early, First and Second Level

## Building Resilience

Promoting mental, emotional, social and physical health and wellbeing

| Be Resilient                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Early Level                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1                                                                              | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Intended Learning                                                                                                                  | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Additional Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Key Learning</b><br><br><b>Everyone goes through ups and downs in their life</b> | <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 0-02a</p> <p>I am aware of and able to express my feelings and am developing the ability to talk about them.<br/>HWB 0-01a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.<br/>HWB 0-04a</p> | <p>I know that life is full of changes</p> <p>I know that sometimes I can feel up</p> <p>I know that sometimes I can feel down</p> | <p><u>The River of Life Role-play</u><br/>Make a visual representation of the river of life using a blue cloth. Add some rocks and obstacles that are in your way. What could you use to represent your boat? What kind of boat do you have/what kinds of tools do you have on board? Perhaps you could create the river of life in the water tray or outside?</p> <p><u>'Sometimes You're Up and Sometimes You're Down'</u><br/>Watch the 'Boundin'' video from the launch assembly again (available on YouTube). The animation is based on a poem by Bud Luckey. Explore some of the key messages. Discuss when we feel 'up' and when we feel 'down'. Create a display to show the times that make us feel 'up' – perhaps on balloons/hot air balloons – and things that make us feel 'down' – perhaps on balloon weights.</p> <p><u>Oh, the Places You'll Go by Dr Seuss</u><br/>Read the story from the Reflection Assembly. Select a couple of pages for further discussion and art/craft activities. Take the time to explore the pictures and key messages in more detail.</p> | <p><u>Stories</u><br/>Listen to stories about feelings and different emotions, eg <i>My Many Coloured Days</i> by Dr Seuss.</p> <p><u>Key Vocabulary</u><br/>Explore pictures of people showing different emotions. What words would you use to describe how the person is feeling?</p> <p><u>Thinking and Feelings Book</u><br/>I am worried when ...<br/>I am lonely when ...<br/>I am excited when ...<br/>I am nervous when ... etc.</p> <p><u>Bubble Time</u><br/>Use a bubble time display for children to share how they are feeling.</p> |

## Building Resilience

Promoting mental, emotional, social and physical health and wellbeing

| Be Resilient                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Early Level |
|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Unit 1                                                       | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Intended Learning                                                                                                                                              | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Additional Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             |
| Key Learning<br><br><b>We can learn to be more resilient</b> | <i>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.</i><br>HWB 0-06a<br><br><i>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.</i><br>HWB 0-03a<br><br><i>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</i><br>HWB 0-02a | <i>I am learning about tools that help me when I am down</i><br><br><i>I am learning ways to cope</i><br><br><i>I know I can talk to an adult if I am down</i> | <u>Health and Wellbeing Display</u><br>Share the toolkit poster of 'The ten tools to help cope with the river of life' with your class. Explain that each of the tools are things that will help them when they are facing difficulties. Even if they are not going through a tough time just now, they can learn about the tools for the future.<br>Create a H&WB area of the classroom for your class toolkit.<br>Add suggestions and ideas from your class to the display.<br><br><u>Skipper's Box</u><br>Emphasise that Skipper wants to be there to help the children navigate the 'river of life' and is interested in their personal journeys. Similar to an advice/worry box, you could set up a 'Skipper Box' in which children can write a letter to Skipper to ask questions, share worries or give positive feedback if they so wish. This is something that could be introduced now and used throughout the Building Resilience programme, or could just be part of the 'Talk Things Over' unit which comes later.<br><br><u>Role Play</u><br>In pairs, children work together to role-play various scenarios where one child has a worry. Together, use role-play to show what strategy they would use to help the child to cope. | <u>Circle Time</u><br>Use a puppet to help pose different scenarios, eg Olly is feeling lonely. What ideas would they give to Olly to help him feel better?<br><br><u>Singing</u><br>Sing the song 'If You're Happy and You Know It' with alternative verses, eg If you're scared and you know it tell a friend; If you're angry and you know it scribble on a page; If you're sad and you know it reach for your teddy; If you're happy and you know it share a smile. Why not create your own verses? |             |

| Be Resilient                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                           | Early Level |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------|
| Unit 1                                                                           | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Intended Learning                                                                                                                                         | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Additional Activities                                                                                                     |             |
| <b>Key Learning</b><br><br><b>Resilient people cope better with difficulties</b> | <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 0-02a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.<br/>HWB 0-04a</p> <p>I am aware of and able to express my feelings and am developing the ability to talk about them.<br/>HWB 0-01a</p> | <p>I can say a way I have coped with a difficult time</p> <p>I am learning about other ways to cope</p> <p>I know someone who demonstrates resilience</p> | <p><u>Picture it</u><br/>Discuss a time when you found it difficult, eg starting school or nursery. Create a class picture of the scene and some of the things that helped to make you feel better.</p> <p><u>Role Model It</u><br/>Share with the class an example of when you went through a difficult time. Discuss what you used to help you cope. Use 'teaching moments' in the day-to-day life of the classroom to provide practical solutions for children displaying negative emotions, eg 'When I feel cross with my friends, I go for a walk' or 'When my dad is annoyed with someone at work, he lets off steam by listening to music'.</p> <p><u>Class Task – Resilient Role Models</u><br/><b>Interview someone who inspires you, eg your head teacher, PSA, a child who has faced difficult times, coach, author, sports star. Ask/find out about a time they found challenging and what they did to overcome it. What things did they use to help them bounce back? Create a class poster of the ideas you come up with. Are there any things on the poster that you could add to your resilience toolkit display?</b></p> | <p><u>Who Do You Know That Demonstrates Resilience?</u><br/>Find out about others who have gone through a tough time.</p> |             |

| Be Resilient                       |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                    | Early Level                                                                                                                                                                       |
|------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1                             | Key Questions                                                                      | Key Vocabulary                                                                                                                                                                                                                                      | Significant Aspects of Learning                                                                                                        | Learning and Teaching Resources                                                    | Wellbeing Indicators (SHANARRI)                                                                                                                                                   |
|                                    | * Can you think of a time when you felt sadness, hurt, failure – how did you cope? | * Emotional vocabulary – happy, sad, worried, angry, afraid; resilient, resilience, 'ups and downs', river of life – with analogies such as swim, paddle, buoyancy, float, take the plunge, dip your toes in, treading water, drowning; power poses | * Learners demonstrate resilience and confidence to adapt and cope with change                                                         | * Book: <i>Oh, the Places You'll Go!</i> by Dr Seuss                               | <b>HEALTHY</b><br>Having the highest attainable standards of physical and mental health, access to suitable healthcare, and support in learning to make healthy and safe choices. |
|                                    | * Have you seen someone go through a hard time – what helped them?                 |                                                                                                                                                                                                                                                     | * Learners are able to seek help or advice when necessary in the context of changing friendships, relationships and life circumstances | * <i>Quality Circle Times in the Primary Classroom</i> by Jenny Mosely (section 7) |                                                                                                                                                                                   |
|                                    | * Who do you know that demonstrates resilience?                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                    |                                                                                                                                                                                   |
| Learning and Teaching Links        |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                    | United Nations Convention on the Rights of the Child                                                                                                                              |
| Literacy and Language              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                    | * <b>Article 6</b><br>You have the right to life.                                                                                                                                 |
| * Listening and talking activities |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                    | * <b>Article 3</b><br>All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.                    |
| * Modern Languages – feeling words |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                    |                                                                                                                                                                                   |

| Be Resilient                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | First Level                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1                                                          | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Intended Learning                                                                                                                                                        | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Additional Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p><b>Everyone goes through ups and downs in their life</b></p> | <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 1-02a</p> <p>I am aware of and able to express my feelings and am developing the ability to talk about them.<br/>HWB 1-01a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.<br/>HWB 1-04a</p> | <p>I know that everyone's life is full of change</p> <p>I know I can feel up or down depending upon what is happening to me</p> <p>I can describe my up and down day</p> | <p><u>The River of Life</u><br/>Make a visual representation of different emotions using music, art or ICT to represent the river of life. Add a boat to navigate the river – what kind of boat do you have/what kind of tools do you have on board?<br/>Use this to discuss what kind of struggles and challenges you might meet on your river of life.</p> <p><u>'Sometimes You're Up and Sometimes You're Down'</u><br/>Watch the <u>Boundin'</u> video from the launch assembly again (available on YouTube). The animation is based on a poem by Bud Luckey. Explore some of the key messages. Discuss when we feel 'up' and when we feel 'down'. What difference does the 'Jackalope' make?</p> <p><u>Skipper's Up and Down Day</u><br/>Use the 'Skipper's Up and Down Day' resource provided. Each child will need a copy of the emotions graph on the back. Ask the children to listen to the different scenarios. Ask the children to plot points on the graph to indicate the emotions felt. Emphasise that this is about how they feel about the situation. Ask the children to join up the points on the graph.</p> | <p><u>Drama</u><br/>Perform in 'role' in a conversation between two people.</p> <p><u>Treasure Book</u><br/>Create a class Treasure Book of all the things that make the children feel happy and treasured. You could place a photograph in the centre of a page and ask the child pictured to complete their own page. When completed, review a different page of the Treasure Book each morning.</p> <p><u>Circle Time</u><br/>Generate a class discussion about change. Choose a story or movie where one of the characters encounters a big change in his/her life, eg moving school and had to make new friends (Harry Potter goes to Hogwarts) or a change of circumstances (Peter Parker realising he is Spiderman). Who else can provide an example of changes in their life? Make a display of the many different kinds of changes.</p> |

## Building Resilience

## Promoting mental, emotional, social and physical health and wellbeing

| Be Resilient                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | First Level                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1                                          | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Intended Learning                                                                                                                                                                                    | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Additional Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p><b>We can learn to be more resilient</b></p> | <p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.<br/>HWB 1-06a</p> <p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.<br/>HWB 1-03a</p> <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 1-02a</p> | <p>I know there is a toolkit of things that can help me when I am down</p> <p>I have tools to help me bounce back from life's ups and downs</p> <p>I know who I can talk to if I am feeling down</p> | <p><u>Health and Wellbeing Display</u><br/>Share the toolkit poster of 'The ten tools to help cope with the river of life' with your class. Explain that each of the tools are things that will help them when they are facing difficulties. Even if they are not going through a tough time just now, they can learn about the tools for the future. Create a H&amp;WB area of the classroom for your class toolkit. Add suggestions and ideas from your class to the display.</p> <p><u>Resilience Cape</u><br/>Explain that it is important to learn strategies and skills to cope with down times. While it is normal to go through ups and downs, everyone has different activities or strategies they use to lift their mood. Explain that this activity is about learning some new ways to stay positive in difficult times.<br/>– Ask children to help each other tape a piece of paper to their backs – this is their cape<br/>– Walk around the room and randomly find someone to talk to. Share tips on how they got through hard times, eg 'I watch my favourite TV show, I play music, I exercise, I bake, I call my friend'<br/>– Write one coping strategy or one activity their partner does to stay happy on their cape<br/>– Repeat – try to write something new<br/>– Once everyone has two or three things written on their capes, share them with the class</p> <p><u>Skipper's Box</u><br/>Emphasise that Skipper wants to be there to help the children navigate the 'river of life' and is interested in their personal journeys. Similar to an advice/worry box, you could set up a 'Skipper Box' in which children can write a letter to Skipper to ask questions, share worries or give positive feedback if they so wish. This is something that could be introduced now and used throughout the Building Resilience programme, or could just be part of the 'Talk Things Over' unit which comes later.</p> | <p><u>Fuzzies</u><br/>Seat the children in a circle and pass around a craft pompom. As each child receives it, ask them to say a word that tells us something about it, for example soft, warm or furry. Ask the children for suggestions as to how the pompom makes them feel inside. Explain to the children that this is a 'Fuzzy'. 'Fuzzies' are friendly and warm. 'Fuzzies' have an important job to do. They work hard trying to make people feel happier when they are not feeling so good. 'Fuzzies' like to live in pockets, up sleeves, in the pockets of coats (almost anywhere!) and make people smile when they are least expecting it. The children can use their 'Fuzzy' to help them when they feel down.</p> <p><u>Fuzzy Follow Up</u><br/>Give the children a 'Fuzzy'. Allow the children to take a Fuzzy home to talk to their family about it. (It is a good idea to keep a bag of 'Fuzzies' to use as and when needed. Remember to show the children that you are using your 'Fuzzy', too).</p> |

| Unit 1                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Be Resilient                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | First Level                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Key Learning                                   | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Intended Learning                                                                                                                                                         | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Additional Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Resilient people cope better with difficulties | <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 1-02a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.<br/>HWB 1-04a</p> <p>I am aware of and able to express my feelings and am developing the ability to talk about them.<br/>HWB 1-01a</p> | <p>I can describe ways I have coped with a difficult time</p> <p>I know the more tools I have, the more resilient I am</p> <p>I can identify someone who is resilient</p> | <p><u>Ways To Cope</u><br/>Ask children about what methods they use to cope with difficult times. Talk to the children about steps they can take, for example, to control their anger:</p> <ul style="list-style-type: none"> <li>– stop</li> <li>– take a breath</li> <li>– move away from the situation</li> <li>– say what is wrong</li> <li>– say what you would like to happen (use 'I' statements, eg 'I didn't like it when you ...')</li> </ul> <p>Take photographs of the children demonstrating these strategies and display them with a commentary. Refer to them during the school year.</p> <p><u>Role Model It</u><br/>Share with the class an example of when you went through a difficult time. Discuss what you used to help you cope. Use 'teaching moments' in the day-to-day life of the classroom to provide practical solutions for children displaying negative emotions, eg 'When I feel cross with my friends, I go for a walk' or 'When my dad is annoyed with someone at work, he lets off steam by listening to music'.</p> <p><b>Class Task – Resilient Role Models</b><br/><b>Interview someone who inspires you, eg your head teacher, PSA, a child who has faced difficult times, coach, author, sports star. Ask/find out about a time they found challenging and what they did to overcome it. What things did they use to help them bounce back? Create a class poster of the ideas you come up with. Are there any things on the poster that you could add to your resilience toolkit display?</b></p> | <p><u>Circle Time</u><br/>Organise children so they are sitting in a circle. Ask them to think about who they would go to if they needed to talk about something sad. Have the children pass the speaking object around and take it in turns to say, 'I can talk to ...'. Finally, ask them to have a round of 'When I am sad I like someone to ...'.</p> <p><u>Drama</u><br/>Role play real-life situations to allow children to practise their skills in dealing with difficult situations.</p> <p><u>Who Do You Know That Demonstrates Resilience?</u><br/>Find out about others who have gone through a tough time.</p> |

| Be Resilient |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                                   | First Level                                                                                                                                                                                                             |
|--------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1       | Key Questions                                                                      | Key Vocabulary                                                                                                                                                                                                                                      | Significant Aspects of Learning                                                                                                        | Learning and Teaching Resources                                                                   | Wellbeing Indicators (SHANARRI)                                                                                                                                                                                         |
|              | * Can you think of a time when you felt sadness, hurt, failure – how did you cope? | * Emotional vocabulary – happy, sad, worried, angry, afraid; resilient, resilience, ‘ups and downs’, river of life – with analogies such as swim, paddle, buoyancy, float, take the plunge, dip your toes in, treading water, drowning; power poses | * Learners demonstrate resilience and confidence to adapt and cope with change                                                         | * Book: <i>Oh, the Places You’ll Go!</i> by Dr Seuss                                              | <b>HEALTHY</b><br>Having the highest attainable standards of physical and mental health, access to suitable healthcare, and support in learning to make healthy and safe choices.                                       |
|              | * Have you seen someone go through a hard time – what helped them?                 |                                                                                                                                                                                                                                                     | * Learners are able to seek help or advice when necessary in the context of changing friendships, relationships and life circumstances | * <i>Quality Circle Times in the Primary Classroom</i> by Jenny Mosely (section 7)                |                                                                                                                                                                                                                         |
|              | * Who do you know that demonstrates resilience?                                    |                                                                                                                                                                                                                                                     |                                                                                                                                        |                                                                                                   |                                                                                                                                                                                                                         |
|              |                                                                                    |                                                                                                                                                                                                                                                     | <b>Learning Statements</b>                                                                                                             | <b>Learning and Teaching Links</b>                                                                | <b>United Nations Convention on the Rights of the Child</b>                                                                                                                                                             |
|              |                                                                                    |                                                                                                                                                                                                                                                     | * I can bounce back and have the confidence to cope with change                                                                        | Literacy and Language<br>* Listening and talking activities<br>* Modern Languages – feeling words | * <b>Article 6</b><br>You have the right to life.<br><br>* <b>Article 3</b><br>All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children. |

## Building Resilience

Promoting mental, emotional, social and physical health and wellbeing

| Be Resilient                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Second Level                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1                                                                                     | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Intended Learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Additional Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p><b>Key Learning</b></p> <p><b>Everyone goes through ups and downs in their life</b></p> | <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 2-02a</p> <p>I am aware of and able to express my feelings and am developing the ability to talk about them.<br/>HWB 2-01a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.<br/>HWB 2-04a</p> | <p>I know life is full of changes, some big, some small</p> <p>I know that everybody reacts differently to changes</p> <p>I can describe my river of life</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><u>Oh, the Places You'll Go!</u><br/><u>extension</u><br/>There are lots of ideas online of other things you can do with the book, eg <a href="https://uk.pinterest.com/maryehallman/oh-the-places-youll-go-1314-theme/">https://uk.pinterest.com/maryehallman/oh-the-places-youll-go-1314-theme/</a> and <a href="http://www.wondersonder.wordpress.com/2014/09/04/15-fantastic-life-lessons-from-dr-seuss/">www.wondersonder.wordpress.com/2014/09/04/15-fantastic-life-lessons-from-dr-seuss/</a></p> <p><u>Graffiti Wall</u><br/>Dedicate an area of the room as a graffiti board where children can record their thoughts, feelings, ideas and suggestions around this topic. The children should feel free to contribute to the graffiti board at any time.</p> |
|                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p><u>Dealing With the Ups and Downs of Life</u><br/>Remind the children of the <u>Boundin'</u> video watched in the assembly. We have different fears and worries and our thoughts and feelings are still very real and can be difficult to cope with. How we react can depend on how much control we feel we have over what is happening. When things feel really out of our control it can be harder to deal with them. See lesson plan of activities from the Samaritans:<br/><a href="http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources/developing-emotional-awareness-and/copin-4">http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources/developing-emotional-awareness-and/copin-4</a></p> <p><u>Oh, the Places You'll Go!</u> by Dr Seuss<br/>Re-read the book from the reflection assembly. There are incredible overarching themes of wisdom that you can take away from the poem, many related to upheaval and changes in a person's life. Prompt discussions about what various pages mean. The book focuses on taking charge of your life and the importance of staying grounded through insisting on moving forward instead of waiting around. Ask pupils to choose a line of the poem each to illustrate their take on the meaning. Display the class version of <u>Oh, the Places You'll Go!</u></p> <p><u>River of Life Animation</u><br/>Create your own video version of 'the river of life'. Children can use film, animation or puppets to illustrate our journey on the river of life and the challenges and setbacks we have to deal with on the way. What kind of struggles and challenges might you meet on your river of life?</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## Building Resilience

## Promoting mental, emotional, social and physical health and wellbeing

| Be Resilient                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Second Level                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1                                          | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Intended Learning                                                                                                                                                                                                                                     | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Additional Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p><b>We can learn to be more resilient</b></p> | <p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.<br/>HWB 2-06a</p> <p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.<br/>HWB 2-03a</p> <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 2-02a</p> | <p>I am learning about a toolkit of strategies that I can use in difficult times</p> <p>I have tools to help me bounce back from life's ups and downs</p> <p>I know it is better to talk to someone when I am trying to manage difficult feelings</p> | <p><u>Health and Wellbeing Display</u><br/>Share the toolkit poster of 'The ten tools to help cope with the river of life' with your class. Explain that each of the tools are things that will help them when they are facing difficulties. Even if they are not going through a tough time just now, they can learn about the tools for the future. Create a H&amp;WB area of the classroom for your class toolkit. Add suggestions and ideas from your class to the display.</p> <p><u>Give Me Five</u><br/>Use the lesson planner on the link below. To build resilience we need to have a toolkit of strategies that keep our lives in balance and might help us feel better able to cope when a challenge comes our way. We also often need specific plan to cope with things that may come our way and cause us stress: specific tools for the job. Hand out the 'My Five' sheets and ask students to think about something they find difficult to cope with, and a plan of five things they can do to help themselves cope with it. They do not need to share if they do not wish to do so.<br/><a href="http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources/developing-emotional-awareness-and/copin-2">www.samaritans.org/your-community/supporting-schools/deal-teaching-resources/developing-emotional-awareness-and/copin-2</a></p> <p><u>Skipper's Box</u><br/>Emphasise that Skipper wants to be there to help the children navigate the 'river of life' and is interested in their personal journeys. Similar to an advice/worry box, you could set up a 'Skipper Box' in which children can write a letter to Skipper to ask questions, share worries or give positive feedback if they so wish. This is something that could be introduced now and used throughout the Building Resilience programme, or could just be part of the 'Talk Things Over' unit which comes later.</p> | <p><u>Resilience Chart</u><br/>Draw a chart with three columns on the board. As a class, brainstorm what 'being resilient' looks like, feels like and sounds like.</p> <p><u>Quote of the Day</u><br/>Use quotes from a variety of sources to inspire and motivate the class.<br/>Encourage the children to source their own quotes and to make a poster illustrating the quote. These will act as visual reminder in the class. Ask parents to get involved by sending in their favourite quotes too!</p> <p><u>Pie Chart</u><br/>Create a pie chart that is split into five sections. Each segment will have a theme:</p> <ul style="list-style-type: none"> <li>Family/people that support me</li> <li>Friends that I can go to when times are tough</li> <li>Physical or energetic things I do to cope</li> <li>Phrases I think of to remind myself I can bounce back</li> <li>Things I say to myself to help me cope.</li> </ul> |

| Be Resilient                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Second Level                                                                                                                                                                  |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1                                         | Experiences and Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Intended Learning                                                                                                                                                | Core Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Additional Activities                                                                                                                                                         |
| Resilient people cope better with difficulties | <p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.<br/>HWB 2-02a</p> <p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.<br/>HWB 2-04a</p> <p>I am aware of and able to express my feelings and am developing the ability to talk about them.<br/>HWB 2-01a</p> | <p>I can describe ways I have coped with a difficult time</p> <p>I can identify someone who is resilient</p> <p>I can learn ways to cope by observing others</p> | <p><u>Circle Time</u><br/>Organise children so they are sitting in a circle. Ask them to think about a time something happened to make them worry. How did they feel? What did they do to make themselves feel better? Did it work? Have the children pass the speaking object around and take turns to say, 'When I was ... I used ...' Finally, ask them to have a round of 'When I am worried I like someone to ...'</p> <p><u>Bouncing Back</u><br/>Find out about famous historical figures (Anne Frank, Martin Luther King etc) or people in the community who, in the face of adversity, struggle on. Talk about the times when the children have successfully handled hardships in the past. Explain that these challenges will help them build strength to handle future challenges. If experiencing a difficult day/week with the class, ask the children to think back to a time when things were going well in school. Ask them – what did the class sound, look, feel and even smell like? Such 'lifting' rituals can remind the children of the ups and downs of daily life.</p> <p><b><u>Class Task – Resilient Role Models</u></b><br/><b>Interview someone who inspires you, eg your head teacher, coach, author, sports star. Ask/find out about a time they found challenging and what they did to overcome it. What things did they use to help them bounce back? Create a class poster of the ideas you come up with. Are there any things on the poster that you could add to your resilience toolkit?</b></p> | <p><u>Drama</u><br/>Use the 'hot seat' technique to ask questions to one person at a time – Why do you feel like this? What would you like to do? What or who could help?</p> |

| Be Resilient |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 | Second Level                                                                                                                                                                      |
|--------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Unit 1       | Key Questions                                                                      | Key Vocabulary                                                                                                                                                                                                                                      | Significant Aspects of Learning                                                                                                                 | Wellbeing Indicators (SHANARRI)                                                                                                                                                   |
|              | * Can you think of a time when you felt sadness, hurt, failure – how did you cope? | * Emotional vocabulary – happy, sad, worried, angry, afraid; resilient, resilience, ‘ups and downs’, river of life – with analogies such as swim, paddle, buoyancy, float, take the plunge, dip your toes in, treading water, drowning; power poses | * Learners demonstrate understanding of physical changes including puberty and how these can affect emotional response in themselves and others | <b>HEALTHY</b><br>Having the highest attainable standards of physical and mental health, access to suitable healthcare, and support in learning to make healthy and safe choices. |
|              | * Have you seen someone go through a hard time – what helped them?                 |                                                                                                                                                                                                                                                     | * Learners understand different forms of abuse and have the resilience and confidence to seek help when they feel it is necessary               |                                                                                                                                                                                   |
|              | * Who do you know that demonstrates resilience?                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 | <b>United Nations Convention on the Rights of the Child</b>                                                                                                                       |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 | <b>* Article 6</b><br>You have the right to life.                                                                                                                                 |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 | <b>* Article 3</b><br>All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.                    |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 |                                                                                                                                                                                   |
|              |                                                                                    |                                                                                                                                                                                                                                                     |                                                                                                                                                 | </                                                                                                                                                                                |



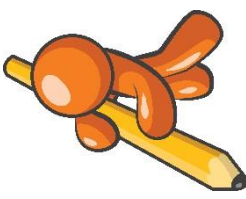


# Skipper's Up and Down Day

Ask the children to imagine they are Skipper. Ask them to listen to each of the events that you will read to them. As you read each one aloud, ask the children to plot a point on the graph to indicate the emotion they think Skipper would feel. Emphasise that this is about how they feel about the situation.

- A parcel with your name on it has just been delivered to your house.
- You arrive at school and a different teacher is taking your class today.
- You forget to bring your reading book to school.
- You hear a classmate telling lies and blaming someone else.
- You paint a fabulous picture. Someone spills water all over it.
- You are told you have to do a maths test.
- You have been picked to speak at the next open day at school.
- You are not allowed out to play until your room is tidy.
- You and your gran bake scones together.
- You trip and fall in the playground.
- You think someone tripped you on purpose.
- Your friend tells you that s/he is moving to another school.
- A person who you know bullies people is walking towards you.
- Your friend doesn't play with you at break time.
- The teacher asks you to deliver a message. You forget where you have to deliver the message.
- At swimming lessons someone pushes you off the side and into the water.
- You look around your community and see nothing but litter and rubbish.
- You are alone in your bedroom when suddenly the lights go out. It is pitch dark.

Ask the children to join up the points on their graph. Demonstrate how this is done from left to right. Next, ask the children to form groups of four and to compare their graphs. Invite them to talk about any similarities and/or differences. Talk about the ups and downs of everyday life and how important it is for us to know and be aware of the feelings we are experiencing and the situations or contexts we are in. Emphasise that our emotions and how we react to situations can vary depending on what has happened before or the amount of stress we are under.



# Skipper's Up and Down Day

