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| Unit: | Developing Self-Esteem and Resilience | Suggested Order: 3 of 7 |
| Topic: | Being resilient | |
| Key Objectives: | To know what resilience is and why it is so important | |
| Resources: | Teacher PPT  Interview from the Pursuit of Happyness (widely available on YouTube)  Nick Vujicic motivational speech (widely available on YouTube)  Resilience Notes sheet | |

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| Guideline Timing | Activity | Typical Learning Gains | Notes / Advice from teaching team |
| 3 Mins | Teacher explanation of what resilience is |  | *Some primary schools place a lot of emphasis on this so some students are very familiar with the idea.* |
| 30 Mins | Teachers show two clips and each clip is individually analysed. Key questions are:   * What difficulties have they faced? * In what ways are they resilient? * How might their life be different if they were not resilient? * What lessons can we learn from their experience? | Inspirational examples of resilience  Depersonalised context | *Students will have a lot of questions about Nick – it may be worth researching a bit about him before!* |
| 5 Mins | Students brainstorm the type of difficulties that they might face in their lives. | Prior knowledge | *Some students will have experienced tremendous setbacks. You may or may not wish to publically / individually acknowledge this in the lesson.* |
| 5 Mins | Teacher input on difficulties |  |
| 15 Mins | Extended writing using sentence stems:   * Resilience is…. * Resilience is important because… | Assessment opportunity |  |

Opportunities to differentiate / personalise: You may wish to tailor the setbacks to reflect experiences of people in the class.