Resilience

|  |  |
| --- | --- |
| AOLE: Health and Well- Being | |
| 4 Purpose: healthy, confident individuals, ready to lead fulfilling lives as valued members of society | |
| WM: How we process and respond to our experiences affects our mental health and emotional well-being. | DL: I can reflect on the way that past events and experiences have affected my thoughts, feelings and actions.  I can anticipate how future events may make me and others feel. |
| LO:  I can understand how the experiences of ARW affected his actions and decisions | |

|  |  |
| --- | --- |
| Introduction: | ARW experienced many ups and downs throughout his life.  (some of these key points can be found on the resource sheet)  Many of these can be inferred or are explicitly stated in the play. Feel free to add others such as meeting his wife, exploring unknown countries, etc  Collect the events and order them chronologically , |
| Main body: | **Emotion Mapping**   1. list as many emotions as you can 2. rank then in order of strength of feeling   eg:  *excitement*  *joy*  *happiness*  *contentment*  *neutral*  *apathy*  *irritation*  *sadness*  *cross*  *anger*  Using the Axis of emotion resource sheet map the key emotions on the y axis and the events on the x axis  Map out how ARW may have been feeling at each event, to come up with a map of his emotions. |
| Extension: | Try this for a period of your life  Develop this into a good news bad news drama sketch, with masks for emotions. |
| Plenary: | How do you think that he managed to keep picking himself up?  what support network did he have (if at all?) |
| Resources: | [Premier League Primary Stars | Resilience](https://plprimarystars.com/resources/resilience)  This pack, created with the Harry Kane Foundation, is all about changing our mindset from "I can't" to "I can".  [Beano resilience lesson plans | Resources | YoungMinds](https://www.youngminds.org.uk/professional/resources/beano-resilience-lesson-plans/)  [Resilience and Well-Being: KS2](https://www.staffordshire.gov.uk/Education/Access-to-learning/Graduated-response-toolkit/School-toolkit/EPS-school-support-information-and-resources/Resilience/Resilience-leaflet-Key-Stage-2.pdf) |