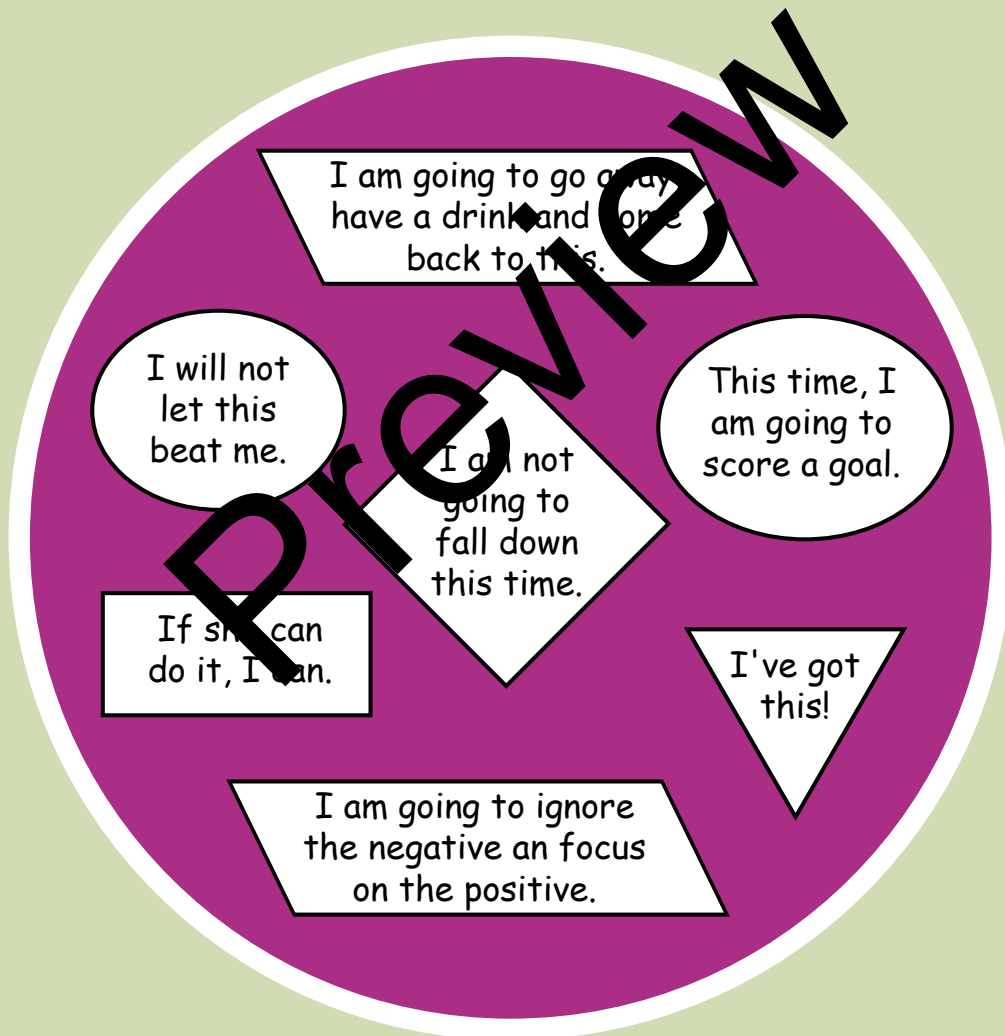


Health

Resilience



For Middle Primary

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Title: **Resilience** For Middle Primary
Published by **Ready-Ed Publications** © 2019
Taken from: **Health For Years 3-6 (Part 1)**
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Sometimes you might find school work or a daily task challenging. Challenges can make us stronger. Facing challenges is being resilient. Asking for help is a way to tackle a challenge and show resilience.

- ☐ Read the challenges, then list possible people who you could seek help from in each case.

1

You are struggling with a Maths task set in class. All your friends seem to be working through the task independently.

I would ask ... _____

2

You have been asked to deliver a speech at assembly in front of the whole school. You are nervous.

I would ask ... _____

3

You seem to be the only one at the tennis club who can't hit the ball over the net. Your partner is getting a bit frustrated with you. You are worried she might ask someone else to be her partner.

I would ask ... _____

4

A recent challenge I faced ...

I asked ... _____

- Thinking positively is thinking resiliently! If you think you can't do something, chances are, you won't. If you think you can do something, chances are, you will! Turn the children's negative thoughts into positive and resilient ones below. The first two have been done for you.

NEGATIVE THINKING

RESILIENT THINKING

I know I won't get picked for the volleyball team.

But I've already been chosen for the basketball team.



I know I'll come last in my Maths test today.

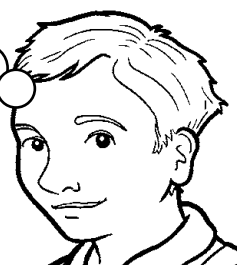
I came first in my English test though, and if I do extra Maths at home, I might improve!



45% in my Japanese test. No Xbox for a month!



I've got nobody to play with.



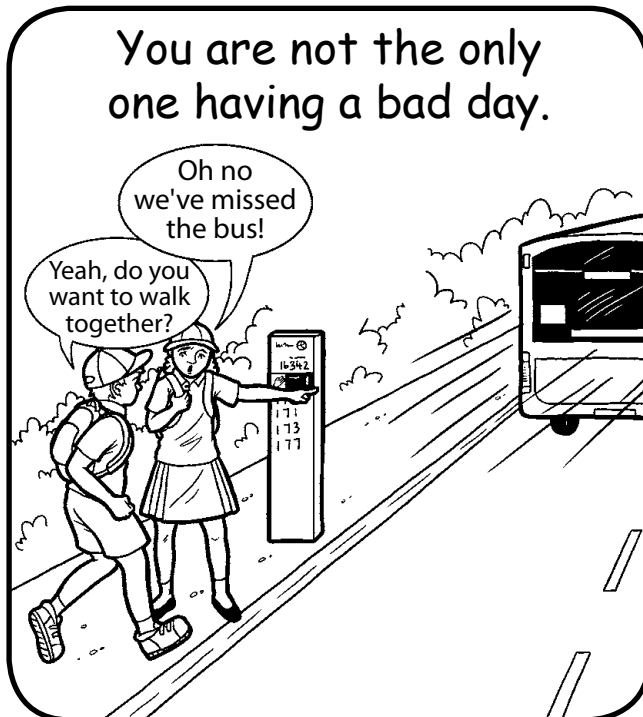
The teacher never picks me for anything.



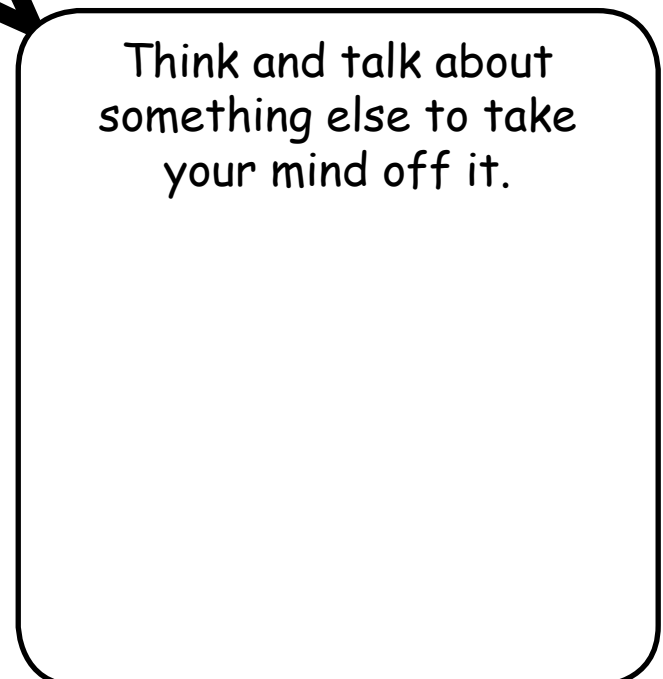
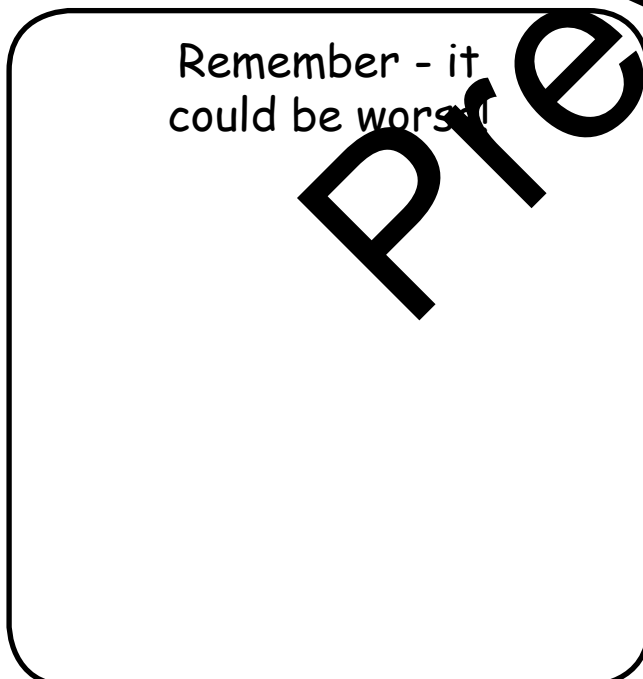
Activity

Responding With Resilience

- ☐ We all have bad days, when everything seems to go wrong. Responding positively to bad situations, is being resilient and will help you to cope.



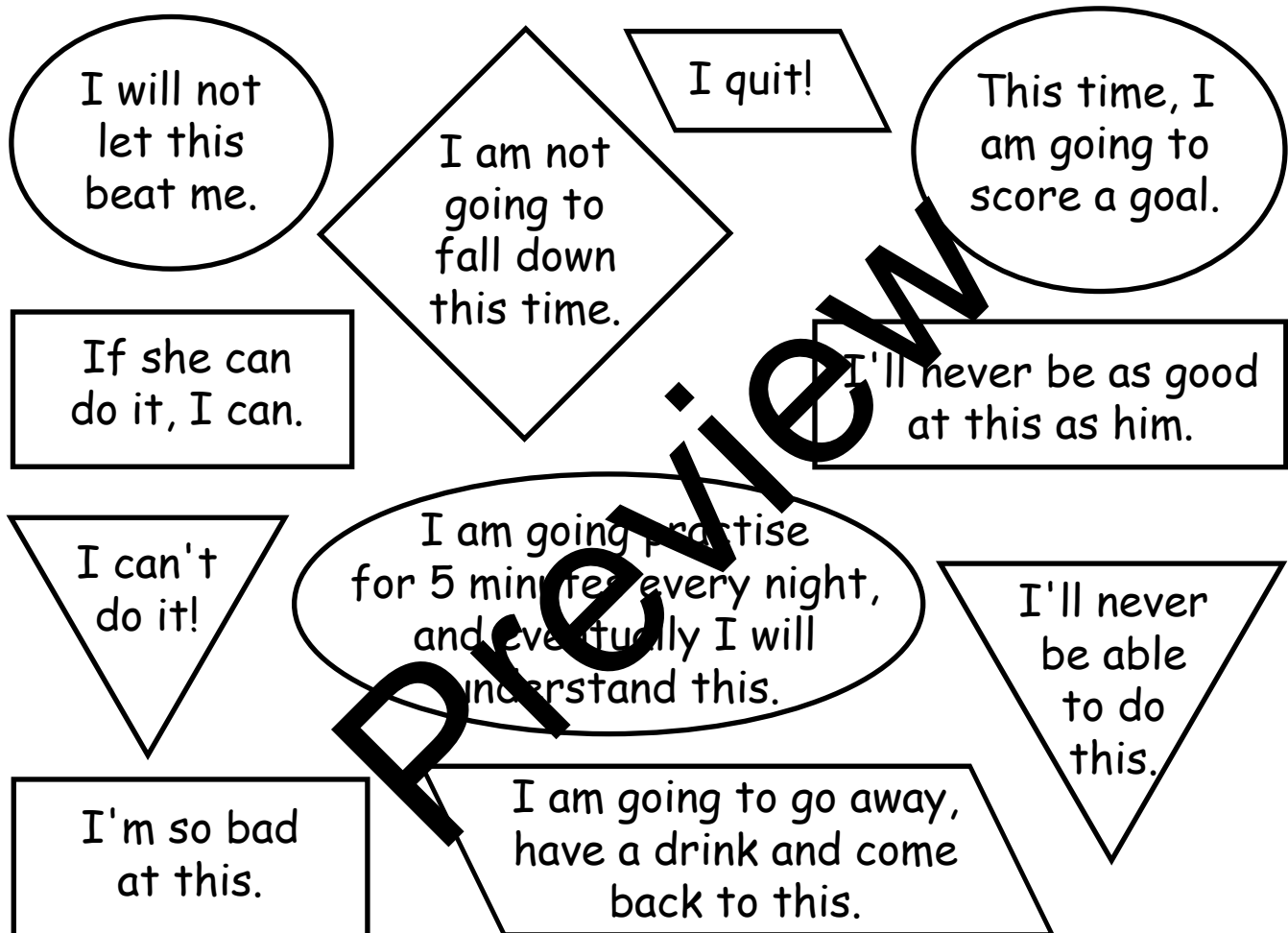
- ☐ Draw or find and print out an illustration for each resilient thought below.



- ☐ **Extra:** Have you used any of the above strategies for coping with life's rough patches? On the back of this sheet, describe a time when you were feeling that everything was going wrong, but some positive and resilient thinking helped you turn a bad day around. You can write a description or draw a cartoon. Share your experience with a peer.

Have you heard of this popular saying, "If at first you don't succeed, try and try again"? This saying is about resilience. Remember, it often takes many tries at something to master it.

- ☐ Colour in the attitudes that show resilience. Colour in the attitudes that show that someone has given up!



- ☐ Write three more sure-fire tips for sticking at something.

TIP 1: Practise a little bit every night.

TIP 2: _____

TIP 3: _____

TIP 4: _____

You are faced with challenges every day. Some are big challenges that need thinking about and require planning, while other challenges can be more easily met with a little extra effort and resilience. Whether it's living up to your role as a prefect, mastering the monkey bars at a local park or conquering long division, taking on a challenge is a great way to test yourself and show how resilient you are.



- ☐ Read through the following challenges. Put ticks in the D (definitely), M (maybe) or NW (no way) columns to show the probability of you facing each challenge.

Challenges	D	M	NW
1. Going a whole day without screen-time			
2. Mastering a handstand.			
3. Keeping my room tidy for a whole week without being asked.			
4. Including someone who seems lonely at school in my group of friends			
5. Conquering a fear (of spiders, heights, the dark, etc.).			
6. Reading every night this week.			
7. Mastering a magic trick to perform in front of others.			

1. Have you marked any of the challenges NW? If so, say why you wouldn't consider taking on this challenge.

2. Which challenge appealed to you the most? Can you try it straight away or does it need some planning?

3. Do you have a challenge that you are working on now? Share it with a peer.

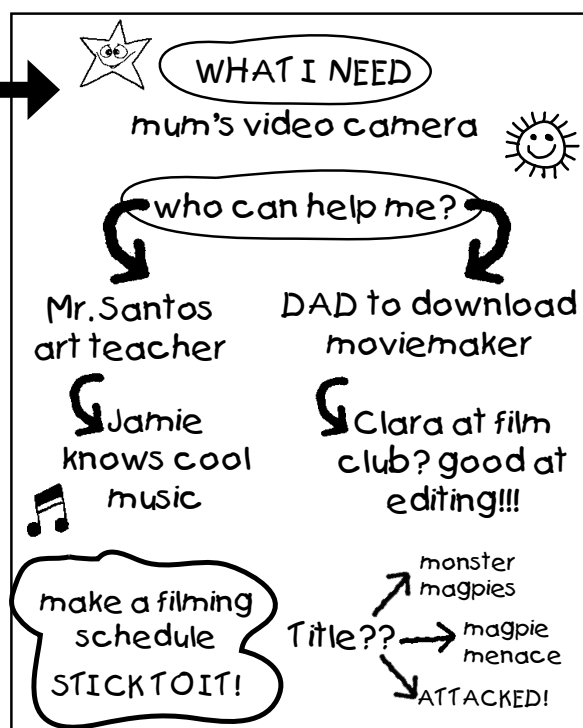
- Read the story "Toby's Challenge", then answer the questions on the following page.

Toby had been afraid of magpies for as long as he could remember. He'd never been pecked, but the sound of whooshing wings every spring on his shortcut across the park sent shivers down his spine. He'd tried everything to ward off the magpies: donning egg-carton eyes, waving a cricket bat wildly over his head and even wearing a hat with bits of mirror glued on. Now that he was 10, he didn't want his Mum to walk him to school. What would his mates say? This magpie thing was really getting Toby down. Toby decided that he would just spend an extra 15 minutes getting to school by taking a longer, alternative route right round the park.



A few weeks later, Toby joined the school's film club that met at 8.15am every morning. He was often late and sometimes missed the meetings because he was taking the long way to school. Other kids started wondering why he had even bothered signing up! One morning after another missed meeting and a frown from Mr. Santos, the Art teacher, Toby made a decision - he would face and conquer his fear of magpies and begin to take the shortcut to school once more. Furthermore, his film project to be shown at the end of term festival would document this heroic battle with the magpies. Toby needed an action plan. This project would probably take weeks to film. He found a big notepad and started jotting down his ideas:

Every chance Toby got, he recorded the magpies' behaviours. Armed with his Mum's video camera, he captured some awesome footage. By capturing them on camera every morning Toby witnessed a different side to the park's magpies. He wasn't so afraid of them anymore. He even began to understand why they swooped. He gave the chief magpie a name - Marvin. One morning, Toby was so excited to hear the hungry chirps of baby



- ☐ Continue to read "Toby's Challenge", then answer the questions below.

magpies in the nest, he asked his friend Jamie to hold a ladder under the tree to get some close up shots.

Six weeks passed and Magpie Menace was finally ready for editing. Toby and his friend Clara poured over the scenes to select the most interesting moments. Jamie suggested mood music and showed Toby how to record the soundtrack. Magpie Menace was finally ready for release at the school film festival.



As the credits rolled at the end of Toby's film, he beamed at Clara and heard his mum, dad and brother whistling from the back of the hall. People in the rows behind him were standing and clapping. The Principal deliberately dragged it out before she announced the winner...My Three-Legged Cat by Mrs Green. Toby's film was given a commendation. On the way out of the hall, Mr. Santos shook Toby's hand and said, "There's a nature film competition next month in Darwin. Let's fill out the entry form at school together tomorrow."

1. What made Toby face his fear?

2. How did he turn his fear into something positive?

3. How did Toby feel after conquering his fear? Use evidence from the story to support your ideas.

4. What fear have you conquered in your life so far? How did you do it?

Activity

Facing Challenges 4

- ☐ Research the life of an Australian who took on an extraordinary personal challenge and succeeded. Complete the framework below with your research. Below are some suggestions, but you could also look at your own family for inspiration.



Jessica Watson

Cathy Freeman

Nancy Bird-Watson

Neville Bonner

Robyn Davidson

Bill Roycroft

Ruby Langford Ginibi

Akram Azimi

Peter Cosgrove

Faith Bandler

Mama Jude

Lily Ah Toy

NAME & BIOGRAPHICAL DETAILS	
PERSONAL CHALLENGE/S	
ACHIEVEMENTS	
PERSONAL QUALITIES	

- ☐ Share with the class what you found extraordinary about the person who you have researched, and how they have motivated or inspired you.

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Tips: I will not let this beat me; I am not going to fall down this time; This time, I am going to score a goal; If she can do it, I can; I am going to practise for 5 minutes every night, and eventually I will understand this; I am going to go away, have a drink and come back to this. Giving up: I quit!; I'll never be as good at this as him; I can't do it; I'm so bad at this; I'll never be able to do this.

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1. Toby was always arriving late to film club because he was taking the long way round to avoid the magpies. 2. Toby decided to make a film about his fear of magpies for the school's film festival. 3. "He wasn't so afraid of them anymore...He even began to understand why they swooped"; "Toby was so excited to hear the chirps of baby magpies."; "He beamed at Clara...."

Preview