

# Resilience - Activity 1

## Bouncing Back



**Time Taken:** 40 - 50 minutes

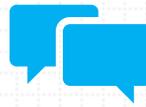
### Skills Developed:



Resilience



Communication



Creativity



Self-awareness

### Resources Required:

- Rubber Bands
- This worksheet

### During this activity you will:

1. Explore the properties of a rubber band
2. Define resilience
3. Read about Mo Farah and resilience
4. Develop your own resilience strategies

### Learning Outcomes:

1. Understand and define resilience
2. See resilience in a practical example and relate that to your own experiences
3. Develop resilience strategies

## What is Resilience?

Imagine a rubber band. If you have one available, pick it up and play with it.

What are the features of a rubber band?

- What it is like?
- What happens when you pull it?
- What can it be used for?

**Task: Make a list of the features of a rubber band.**

- 1.
- 2.
- 3.
- 4.

## Defining Resilience

Do you know what the word resilience means?

**Task: Tick below the phrases you believe define resilience**

- Never tries to do anything because it is too hard
- Is happy to stand up in front of others and give a presentation
- When they fall over, they get back up again
- Gives up if they find something difficult
- Responds to challenges and difficult situations by staying calm
- Is determined to succeed, even if they think they might not

**Task: Using the list above try writing your own definition of resilience.**

Resilience is....

**A future where all young people are confident, resilient and lead fulfilling lives**

## An example of resilience – Mo Farah

**Task: Read the information below about Mo Farah**

In 2016, Mo Farah was attempting to win the 10,000 metres race at the Rio Olympics.

He was near the back of the crowd of runners when he tripped and fell over on the 10th lap of the race.

Rather than giving up, he got to his feet and carried on running. By the final lap he had returned to the front of the runners.

On the final section of the race, another runner overtook him. However, he didn't panic. He regained the lead and won the race.

He said afterwards about falling during the race:

"I wasn't going to let it go. I got up quickly. I thought about my family. It made me emotional. I thought 'get through, get through'. I believed in myself."

**Task: In what ways did Mo Farah show resilience? Make a list of ideas.**

- 1.
- 2.
- 3.
- 4.
- 5.

**Task: Can you think of another person who has shown resilience? Write their name down and a list of reasons why you think they demonstrate resilience**

A person who has shown resilience is.....

They have shown resilience because.....

**A future where all young people are confident, resilient and lead fulfilling lives**

**Task: Go back to your rubber band. How does the rubber band demonstrate resilience to you (tip, look at your definition of resilience)?**

The rubber band demonstrates resilience because.....

## Building your own resilience

Look at the strategies for building resilience below.

Next to each one, write a sentence explaining how it might help you to build resilience.

We have provided an example to help you. Read this first.

### **How can each of these strategies help you to build resilience?**

Sleeping – *Being well rested can help you to feel more able to deal with difficult situations.*

Eating healthily –

Being physically active –

Setting goals –

Being yourself –

Expressing your emotions –

Connecting to others -

**A future where all young people are confident, resilient and lead fulfilling lives**

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## Optional Task - Sharing Your Learning

The following task is an optional one to help develop your learning further. One of the best ways to consolidate your learning is to share what you have learned with someone else.

Can you explain the concept of resilience to someone else? You can use the rubber band to help you if you have one available.

**Task: Find someone who is at home with you. Explain, in your own words, what resilience is. Try to include the things below in your explanation.**

- What the word 'resilience' means
- An example of someone who has shown it, and how they showed it
- How a rubber band can show the concept of resilience