

Year 5-6

# Resilience

*This lesson was written in January 2021 and reflects information available, and guidance issued at the time.*



## Objectives:

- To discuss how your actions can make a difference.
- To accept that some things are out of your control.

## Curriculum Links:

- **PSHE** (from PHSE Association):H28. To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth
- **PSHE** (from PHSE Association):L1. To recognise reasons for rules and laws
- **PSHE** (from PHSE Association): H15. That mental health, just like physical health, is part of daily life; the importance of taking care of mental health

## Key Vocabulary:

- resilient
- control
- virus

## Resources:

- PowerPoint

## FAQs:

**What should I do if I see someone breaking the rules?** You cannot control other people's actions, only your own. If somebody is too close to you, move away. If they are a friend or family member you could gently remind them of the rules.

**Why doesn't everybody wear a mask?** People should wear masks in buildings when they aren't in their household or in school classrooms. But young children aren't required to wear a mask and some people who have breathing problems don't have to wear them either.

**When will Coronavirus end?** Probably 'never'. But we will learn to live with it, and with widespread vaccination and testing we hope we can keep it under control.

## Introduction:

Mascot video.

5 mins



- What do you find hard about living in a world with Coronavirus?
- What can you do to help make things better? (follow the rules, support those in isolation, look out for symptoms)

Write their ideas on the PowerPoint.

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## Main Activity:

20 mins



Tell the children that we are going to watch the story of The Hare and the Tortoise, about a tortoise who believes in himself and keeps on going even when things are hard.

<https://www.bbc.co.uk/programmes/p011syc1>

- Did the tortoise win the race because he was faster than the hare? (no)
- Why did he win the race? (because he kept on going and tried his best)
- What did the hare do to lose the race? (he thought he was the fastest so he didn't try his best and stopped trying)

Tell the children that the tortoise was resilient, he kept on going and believed in himself even though he knew he wasn't the fastest. He won the race because he kept trying.

- What have you faced that was tricky? (teacher example would be good)
- How did you get through it?

Look at the list the class made earlier and ask the children to choose one thing that they can do to help. If they believe in themselves and try their best then they can make a difference.

They need to remember that just as the tortoise could not control what the hare was doing, there are things that we cannot control, such as the behaviour of others. We all need to try our best and concentrate on the good that we can do. This will help them to feel good about themselves and help support their mental health.

## Plenary:

5 mins



- How can you make a difference? (try my best to keep following the rules to keep my family and friends safe)
- How can you keep yourself feeling strong? (keep trying my best and believing that I can make a difference)



## Possible Extension Activities:

- Write a list of all the things you can do to help defeat the virus.
- Write a list of things you can do to help others.
- Make a card for a friend, relative or neighbour who is isolating.