

Resilience

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



Objectives:

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

Curriculum Links:

- **Communication and Language:** They answer 'how' and 'why' questions about their experiences and in response to stories or events.
- **Physical Development:** talk about ways to keep healthy and safe

Key Vocabulary:

- control
- virus
- difference

Resources:

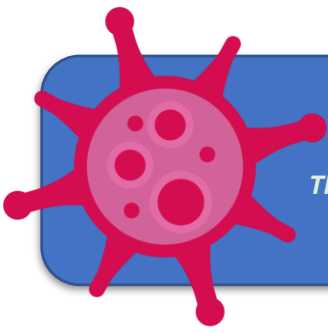
- PowerPoint
- Link to The Hare and the Tortoise story

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 under 11 years old 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.



Year R

Resilience

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



Introduction:

Watch Mascot video.

5 mins



- What are the rules we follow because of the virus? (stay 2 metres apart (from those outside your bubble), wash hands regularly)
- What can you do to help make things better? (follow the rules, support those in isolation, look out for symptoms)

+

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 kept on going and believed in himself even though he knew he wasn't the fastest. He won the race because he kept trying- he had resilience.

Tell the children that if they follow the rules then they can make a difference and help to defeat the virus. They can try their best and keep on going even if it feels like a really long journey.

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.

Plenary:

5 mins



- How can you make a difference? (try my best to keep following the rules to keep my family and friends safe)



Possible Extension Activities:

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