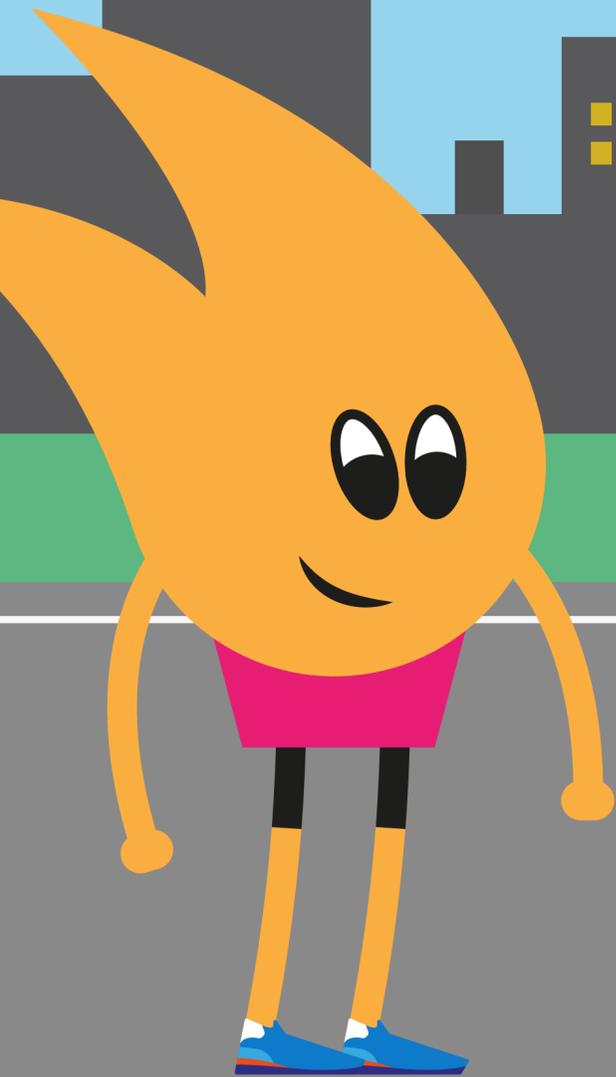


Mission: Resilience

Keeping going & not giving up!

We are going to learn all about the importance of resilience and what it means.





What is resilience and when do we need it?

Who has heard of resilience?

Resilience is being able to **bounce back** when things don't go right and have another go.

We need to be resilient every day.

Who remembers learning to ride a bike?

Who remembers learning to tie a shoelace?

**To be successful we need to keep trying.
We need to be resilient!**

The power of yet

We need to think about what we say and how we feel when we don't succeed.

**Let's read these
out together:**

"I can't run very fast"

"I can't balance on one leg for 10 seconds"

"I can't learn all these spellings"

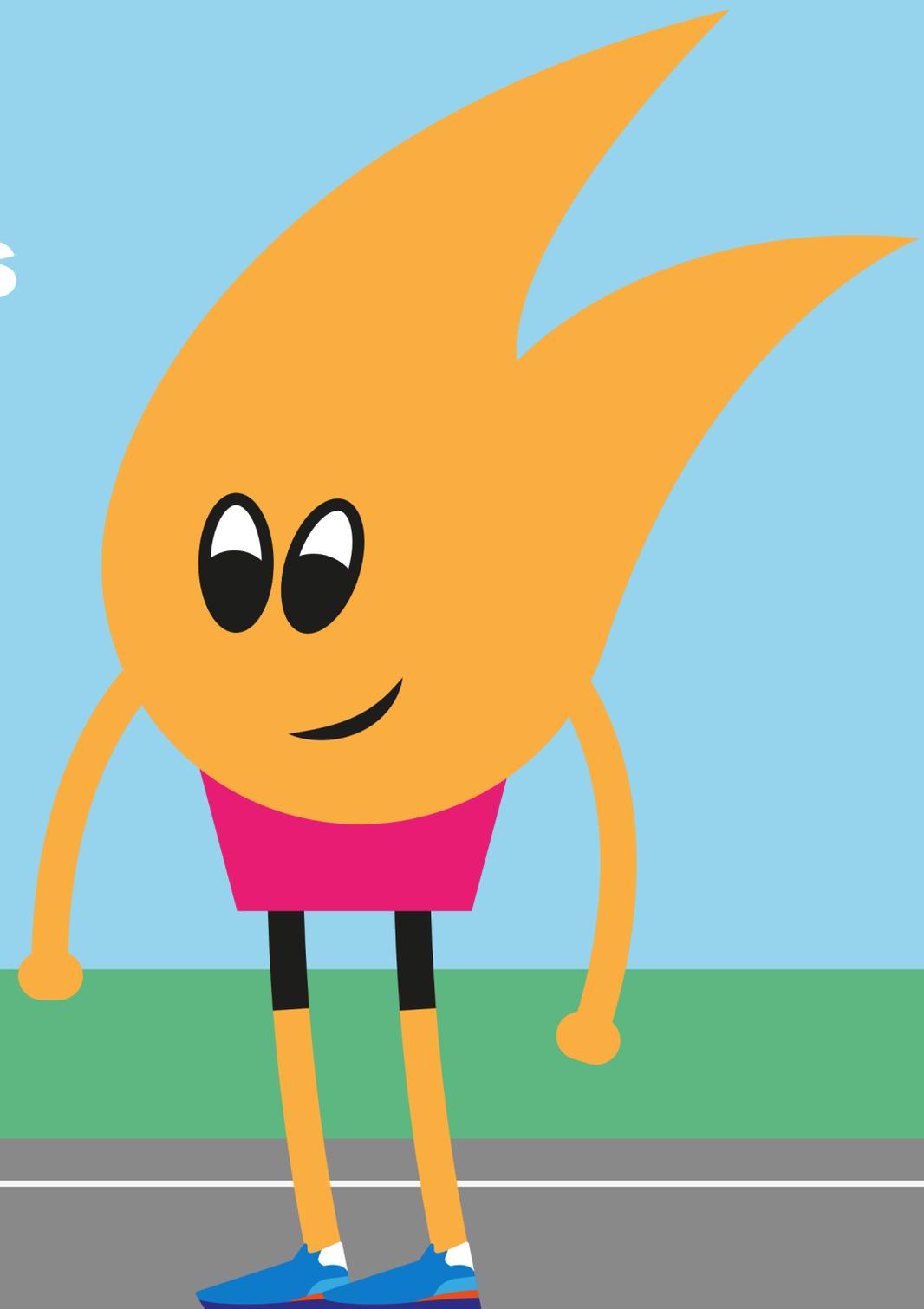
"I'm not very good at running for more than 2 minutes"

These all sound like we have given up!

Let's use our special power word to help us be resilient.

The word we need is

YET



Let's say them again
with the power word **YET** on the end.

"I can't run very fast YET"

"I can't balance on one leg for 10 seconds YET"

"I can't learn all these spellings YET"

"I'm not very good at running for more than 2 minutes YET"

That's better isn't it?

**When we say the word YET it means we can still
keep trying, keep going and bounce back.**

When we feel like giving up we can...

**Enjoy the
challenge**

**Ask
for help**

Be patient

**Try in a
different way**

Not giving up helps us to get better and makes us feel good!

A poem about resilience

There are so many things you want to know,
So many ways you want to grow,
There are so many things you want to be,
So many milestones you want to see.

You will get there if you never forget,
The super power of the word YET!

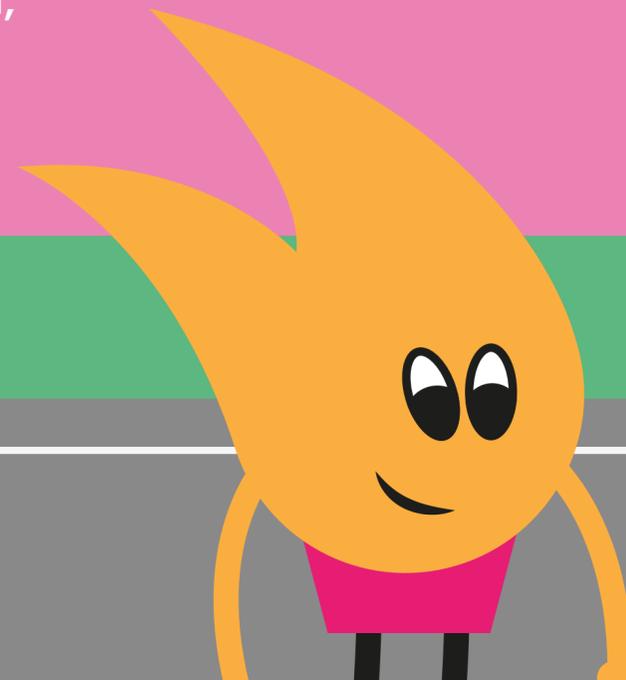
When you first tried to talk, you were hard to understand,
When you first tried to eat, you needed a hand.
When you first tried to walk, you fell and fell,
When you first tried to run, it didn't go well.

But your baby self knew something we often forget,
The super power of the word YET!

Somehow you knew that if you kept trying,
Your chances of success would keep multiplying.
The same is true with every risk that you take,
You just have to learn from every mistake.

Where you put your effort, the goal will be met,
As long as you remember the super power of YET!

Heidi Harrell

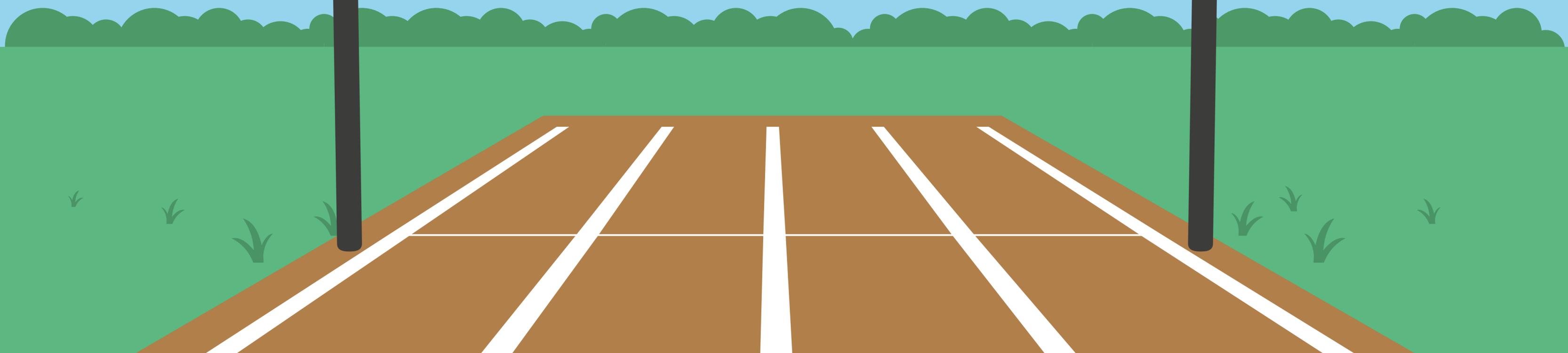


At break or lunch time, why not have a go at some Challenges? Improve by being resilient!





What is our Challenge?



We challenge you to bounce back
and try again when something does not
work first time.

Keep a record of when you have kept trying this week in
your **MISSION TRACKER**.

And don't forget

to run your Daily Mile!

