

# Lesson 1 Resilience Year 3 | Activity

Name .....



To read the scenario and identify an action that lacks resilience and a resilient action.

Scenario	Reaction that lacks resilience	Resilient reaction
1. Jamie has just been told off at school.	_____ _____ _____	_____ _____ _____
2. Darnell has just smashed his mum's favourite cup.	_____ _____ _____	_____ _____ _____
3. Liz is being laughed at because she said something wrong in class.	_____ _____ _____	_____ _____ _____
4. Brian has just been told that he cannot go to the park because of the rain.	_____ _____ _____	_____ _____ _____
5. Sam's best friend is ignoring him and playing with someone else.	_____ _____ _____	_____ _____ _____