

Lesson 6 Change Year 4 | Activity

Name

Main Task

Read the scenarios and write down a resilient response and a reaction that lacks resilience.

Scenario	Resilient response	Reaction that lacks resilience
1. Getting a new teacher for the day.	_____	_____
2. Moving house.	_____	_____
3. Your best friend saying that she does not want to be your friend anymore.	_____	_____
4. Your mum saying that you can only have one hour of screen time a day.	_____	_____
5.	_____	_____