

Lesson 6 Change Year 4 | Activity

Main
Task

Name

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.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
2. Moving house.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
3. Your best friend saying that she does not want to be your friend anymore.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
4. Your mum saying that you can only have one hour of screen time a day.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
5. <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>