

# Lesson 6 Change Year 6 | Activity

Main  
Task

Name .....

Write a resilient thought and a thought that is lacking resilience. You also have to write down what you would do (the action).

Scenario	Thought lacking resilience	Resilient thought	Action
Your four best friends are all going to the same secondary school together. By the end of the first week, it feels like everybody in your group has lots of new friends. You don't do everything together any more.			
You have noticed many changes about your body. You have grown taller, sweat more and started to grow body hair. Spots have also started to break out all over your face.			
You were always the best netball player in the school. You turned up to netball club and there were children stronger, taller and much more talented than you. Some of them even started laughing at you when you dropped the ball.			
You have always lived in the same flat. Your friends are there and you know the area really well. One day your mum sits you down and you can tell that it is a serious conversation. "James and I have decided to move to London."			