

# Lesson 1 Resilience Year 5 | Activity

Name ..... 

Write a reaction that lacks resilience, and a resilient response to each scenario. Think about what you would say and do.

Scenario	Reaction lacking resilience		Resilient response	
	Say	Do	Say	Do
1. You are learning to play tennis. Every time that you try to hit the ball you miss.	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
2. You were expecting to get a dog for your birthday but you get a pair of dog socks instead.	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
3. You are the last player selected when the captains pick teams.	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
4. You have not been invited to a friend's birthday party.	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
5.	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____