

# Lesson | Resilience Year 5 | Activity

Name .....

## Main Task

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.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
2. You were expecting to get a dog for your birthday but you get a pair of dog socks instead.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
3. You are the last player selected when the captains pick teams.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
4. You have not been invited to a friend's birthday party.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
5. <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>