

# Term 1 Year 3 Resilience | Activity

## Main Task

Read the scenario and identify an emotion that might be triggered. Then recognise an action that lacks resilience and a resilient action.

| Scenario  | Emotion | Reaction that lacks resilience | Resilient response |
|---|---------|--------------------------------|--------------------|
| 1. Sam has just discovered that he has not been invited to Tim's party. Sam thought that Tim was a good friend.                                       |         |                                |                    |
| 2. Jim is learning to play tennis. Every time that he tries to hit the ball he misses.  |         |                                |                    |
| 3. Sharday walks onto a football pitch. One of the boys says that girls should not be allowed to play because they are all rubbish at football.       |         |                                |                    |
| 4. Holly is playing with a ruler in a lesson. Suddenly the ruler snaps and is now in two pieces. Holly looks around - nobody has noticed.             |         |                                |                    |
| 5. Casey is with two friends in a sweet shop.<br>"I dare you to steal a few sweets," says Craig.<br>"Yeah, go on! That would be so cool," says Simon. |         |                                |                    |