

# Term 1 Year 3 Resilience | Activity



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. "I dare you to steal a few sweets," says Craig. "Yeah, go on! That would be so cool," says Simon.			