

MY THOUGHTS, FEELINGS & BEHAVIOURS: RESILIENCE: THE POWER OF YET



Lesson Objectives:

- Children will be challenged to fail.
- Children will explore the feelings of facing a challenge and the importance of language to promote a growth mindset.
- Children will explore the notion of resilience and learn skills that will help promote their own ability to cope under pressure or when facing challenges.
- Children will learn the importance of asking for help.

Key Messages:

This session is designed to not only be fun - but to test children's ability to cope under pressure when faced with difficult tasks. However, the tasks themselves are actually pretty irrelevant... it is all about helping children build a growth mindset when it comes to tackling problems.

Let's face it, life is always going to throw up challenges. We need to help children learn strategies and skills to help them face the challenges ahead.

if something doesn't work, does that mean you failed...?

Failure is nothing to be disappointed about... failure gives you knowledge and shows you are learning.

The Power of YET...

We will explain that not all our thoughts are true... when we understand that fact- we can choose which ones we want to listen to and which we can try and reframe.

Closing:

Today we have looked at how not all our thoughts are true. If we can learn to reframe our thoughts we can feel much more positively about the challenges we experience. Resilience isn't about being tough or being afraid to fail - Resilience it is about being flexible and realising that failing isn't a bad thing it is how we learn! And no, I am not telling you how to build the shape!

Key Messages continued:

Life is sometimes unfair, and there will be problems that pop up at school, at home or in your relationships... problems aren't fun... but even changing the word from problem to a challenge can change how we feel about it.... your mindset is the greatest indication of how successful you will be...



Resilience is:

- bouncing back when things go wrong.
- being flexible about how we see things
- taking little risks (without fear of failure)
- keep going
- Not being afraid to reach out and ask for help

And working out when to do each one!

Fixed Mindset	Growth mindset
I can't do it	I can't do it yet
I give up	I need to think about this differently
They are smarter than me because they have figured it out...	What can I learn from them?
Problems	challenges
What if i fail... people will think i am stupid	If I fail, I will have learned something new
I can't ask for help, people will think I am stupid	If I am stuck, there is nothing wrong with ask for help,

CARRYING ON THE CONVERSATION AT HOME:

Resilience isn't something that can be built in a single lesson. Like self esteem it takes time to develop. You can help at home by allowing your child to solve problems for themselves and offering encouragement, rather than taking over and doing things for them, ask them how they could solve it. Ask them if they have thought about X or tried Y...

Even better ask them for their advice...

When you hear them say something negative, correct their language and therefore their thought patterns by adding *yet*. The words we use can have a massive impact on how we think.