

Wider Curriculum Week 10

PHSE- Resilience

We loved all your stories and poems about **Kindness**. Thank you so much for sending them to us. They really lifted our spirits.

We have created a **Year 3 Kindness Poetry Page** so that you can all read them too.

Keep sending them in.

Over the next few weeks we are going to be focusing on **RESILIENCE**. It is something we talk about a lot at school. It is one of our core values and is so important in life, especially in these times.

Throughout history people have adapted to difficult, changing situations when unexpected things happen and disrupt people's lives. Being resilient means being able to adapt to these changes, being able to cope and keep going and support others to do the same through kindness.

Activity- Stories of Resilience (document attached)

Read Katelyn, Christina and Russell's stories of resilience.

Think about the different types of challenges they had.

What did these include?

Think about what each person said. How have they adapted to the situation?

My Story of Resilience

Think about some of the things that you have found difficult in recent times. Maybe not seeing friends and family, not being able to go to school or not being able to go to certain places

How have you overcome these difficulties?

Have you been able to do them in a different way?

Have you found different things to do instead?

Write your own short **Story of Resilience**.

Your resilience might help others be resilient too.