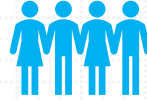


Resilience - Activity 1

Resilience Quiz



Time Taken: 15-25 minutes



Group Size: 10 students +

Skills Developed:



Resilience



Communication



Confidence



Self-awareness

Resources Required:

- Resilience quiz questions (below)
- A, B, C cards or post-it notes
- Pens and pencils

Instructions:

1. Give each child an A, B and C card to 'vote' with (or get each child to write these on a post-it note)
2. Read out each question
3. Allow each child to vote
4. Brief discussion on the overall answers
5. Write answers on large paper as goes along to create a 'what is resilience' spider gram.
6. Why is resilience important? Discussion

Resilience Quiz Questions

1. Resilience means

- A) Keep trying even when things are difficult
- B) Doing the same thing over and over again
- C) Getting annoyed and giving up

2. Resilience means

- A) Nothing bad ever happens to a person so life is easy
- B) Things go wrong for everyone at some point; it's how you deal with it
- C) Everything goes wrong all of the time so it's better to give up

3. Resilience means

- A) If you don't like someone you tell them and it's OK to be mean
- B) If you don't like someone it's OK to be mean to them if they are mean to you
- C) If you don't like someone you find a way to tolerate them and get on when you have to

4. Resilience means

- A) Being optimistic – thinking positively
- B) Being pessimistic – thinking negative thoughts
- C) Just not caring

5. Resilience means

- A) Taking everything seriously
- B) Being able to laugh at yourself
- C) Having a sense of humour to help you get over problems

6. Resilience means

- A) Sticking to only one course of action
- B) Being able to adapt and change your plans to reach a goal
- C) Giving up on plans and just seeing what happen

7. Resilience means

- A) Learning to fail sometimes and not always being the best
- B) Only doing things you are good at
- C) Trying something new but giving up if it's too hard

8. Resilience means

- A) Feeling scared but going for it
- B) Never doing anything scary
- C) Pushing others to do something scary

9. Resilience means

- A) Not telling anyone that something is wrong so you appear to be fine
- B) Telling someone when something is wrong even though you may feel silly
- C) Telling others everything *they* have done wrong

10. Resilience means

- A) Being yourself when there is pressure to be like someone else
- B) Acting like others to fit in
- C) Staying away from everyone so you don't have to join in