

RESILIENCE WORKSHOP

ACTIVITY 1- WHAT ARE PRESSURES OR STRESSES?

❖ Pressures are things that cause emotional stress and can build up to make it hard to cope.

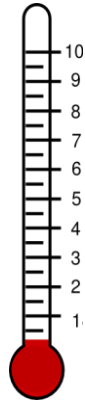


WHAT IS RESILIENCE?

❖ Resilience is the ability to bounce back after dealing with pressures



ACTIVITY 3- FEELINGS THERMOMETER



RATE YOUR FEELINGS ON THE FEELINGS THERMOMETER!

ACTIVITY 4- FACIAL EXPRESSIONS BINGO

1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20



ACTIVITY 5-
TRANSITION

WHAT ARE YOUR FEELINGS, CONCERNS AND HOW CAN YOU COPE?

CHLOE AND YASMIN'S STORY

Yasmin-

I was in quite a big primary school and I went up to Year 7 with about half of my class and all my friends. I was looking forward to secondary school and I made a lot of new friends and I stuck with all my primary school friends too. I loved secondary school and all the new people I met. However, I did experience some problems with friendships. All I did was speak to all my other friends and they were supportive and helped me sort it. Ever since, I haven't experienced any more problems. I still really enjoyed secondary school despite experiencing problems and I would not change my secondary school experience even if I could.

Chloe-

I came from a very small primary school with no one coming up to secondary school with me. So, on the induction days I was alone but I did meet one girl. On my official first day, I was really worried as everyone was with all their friends, but I walked in, lost and didn't know where I was going but they girl I met on the induction days recognised me so I made friends straight away. I instantly made friends with her and all her other friends, so in the end I had nothing to worry about. Throughout school and getting older, I made a lot more friends and I still am friends with a lot of them now.

ACTIVITY 6- EMOTIONS AND PHYSICAL FEELINGS

TOP TIPS FOR COPING WITH SATS STRESS

While at home!

- ❖ Breathing techniques – breathe in through nose for 3 seconds, breathe out for 5 seconds through mouth – repeat this 3 times and calm yourself.
- ❖ Time management on your revision – revision timetable (then you know what to revise and when).
- ❖ Revising – ask for help if you need it and for revision sources.
- ❖ Reassurance from family.
- ❖ Practice tests – This will help you know what it will be like in the real SATs so you will not worry as much.
- ❖ Sleep well – get enough sleep for your brain to be at its best.
- ❖ Eat well – eat brain food like fruit such as bananas to make sure your brain is at its best – including breakfast... VERY IMPORTANT as it gets your brain ready for the day!
- ❖ Prepare a pencil case the night before – forgetting stationary can make you panic.

In the SATs test!

- ❖ Again! Breathing techniques.
- ❖ Time management – keep your eye on the time to make sure you don't spend too much time on one question and get everything that you can do!
- ❖ Don't stay on one question if you cannot do it, move on and come back to it!
- ❖ Read the question 2 or 3 times to make sure you understand what the question is asking you to do.
- ❖ Do not rush the questions!
- ❖ Take a bottle of water in with you

ACTIVITY 7- STRENGTHS CARD GAME

Which team can guess all
10 cards quickest?!

3,2,1....GO!

BINGO

Name: _____

SCARED	EMBARRASSED	EXCITED
TIRE D	FRIENDLY	SHOCKED

BINGO

Name: _____

FRIENDLY	SAD	EMBARRASSED
TIRE D	ANGRY	ILL

BINGO

Name: _____

HAPPY	EMBARRASSED	ANNOYED
FRIENDLY	SMUG	SAD

BINGO

Name: _____

TEARFUL	ANNOYED	SMUG
SAD	FRIENDLY	CONFUSED

BINGO

Name: _____

ANNOYED	ANGRY	GUILTY
SCARED	SMUG	ILL

BINGO

Name: _____

TIRE D	SURPRISED	ILL
SILLY	ANNOYED	SMUG

BINGO

Name: _____

GUILTY	TEARFUL	SPEECHLESS
HAPPY	ANNOYED	EMBARRASSED

BINGO

Name: _____

TIRE D	SHOCKED	CONFUSED
SAD	FRIENDLY	SMUG

BINGO

Name: _____

HAPPY	SILLY	ILL
ANGRY	FRIENDLY	DISGUSTED

BINGO

Name: _____

ANNOYED	SHOCKED	TEARFUL
EXCITED	SUNG	FRIENDLY

BINGO

Name: _____

TIRE	SPEECHLESS	SHOCKED
HAPPY	SILLY	ILL

BINGO

Name: _____

ILL	SAD	FRIENDLY
DISGUSTED	ANGRY	SMUG

BINGO

Name: _____

HAPPY	EXCITED	DISGUSTED
COOL	SURPRISED	GUILTY

BINGO

Name: _____

SILLY	SMUG	SAD
EXCITED	TEARFUL	CONFESED

BINGO

Name: _____

ILL	ANGRY	SHOCKED
HAPPY	SURPRISED	GUILTY

BINGO

Name: _____

FRIENDLY	SAD	DISGUSTED
CONFUSED	EMBARRASSED	SMUG

BINGO

Name: _____

ILL	EXCITED	SAD
FRIENDLY	GUILTY	SURPRISED

BINGO

Name: _____

SHOCKED	CONFUSED	HAPPY
SCARED	ANGRY	SURPRISED

BINGO

Name: _____

EMBARRASSED	HAPPY	SHOCKED
SILLY	FRIENDLY	ANGRY

BINGO

Name: _____

ANGRY	SCARED	SPEECHLESS
SMUG	DISGUSTED	SURPRISED

BINGO

Name: _____

EXCITED	TIRED	COOL
TEARFUL	FRIENDLY	ILL

BINGO

Name: _____

SILLY	COOL	ANGRY
SURPRISED	DISGUSTED	HAPPY

BINGO

Name: _____

TEARFUL	TIRED	DISGUSTED
EXCITED	SAD	ILL

BINGO

Name: _____

EMBARRASSED	COOL	GUILTY
SMUG	HAPPY	ANGRY

BINGO

Name: _____

ANNOYED	HAPPY	DISGUSTED
ILL	FRIENDLY	ANGRY

BINGO

Name: _____

SHOCKED	SMUG	SURPRISED
SCARED	HAPPY	EXCITED

BINGO

Name: _____

DISGUSTED	COOL	GUILTY
EMBARRASSED	TIRED	TEARFUL

BINGO

Name: _____

SILLY	COOL	TIRED
SAD	TEARFUL	SPEECHLESS

BINGO

Name: _____

SAD	EXCITED	ANNOYED
GUILTY	SPEECHLESS	FRIENDLY

BINGO

Name: _____

HAPPY	EMBARRASSED	DISGUSTED
ILL	SURPRISED	SCARED