PSHE 24th April Y5

LO: I understand resilience.

**Resilience**

Write what you think this word means here:

Now find the dictionary definition and write that below:

Task:

Read through the attached list of ‘resilient’ people. Think about who you think is the most resilient and why? You could highlight on the sheet or make notes.

Create a list of skills / attitudes needed to be resilient and represent them in any form you like. You can write a list / poster / PowerPoint / song or poem. As long as it shows your understanding of how a resilient person behaves.

WAGOLLs

[](https://www.bing.com/images/search?view=detailV2&ccid=OlJViC2I&id=7BFB1C6DA4D971E99F7243937DB2BE9A6FC31049&thid=OIP.OlJViC2ImyFt1Am-vi3TFAHaHa&mediaurl=http%3a%2f%2fwww.therandomvibez.com%2fwp-content%2fuploads%2f2018%2f09%2fMeaningful-Quotes-about-Resilience.jpg&exph=564&expw=564&q=Hope+and+Resilience+Quotes&simid=608052602889898816&selectedIndex=51&adlt=strict%2cstrict)

Recognise this?

When you walk [through](https://www.definitions.net/definition/through) a storm

Keep your chin up high

And don't be [afraid](https://www.definitions.net/definition/afraid) of the dark

At the end of a [storm](https://www.definitions.net/definition/storm) is a [golden](https://www.definitions.net/definition/golden) sky

And the [sweet](https://www.definitions.net/definition/sweet) silver song of a lark

Walk on [through](https://www.definitions.net/definition/through) the wind

Walk on [through](https://www.definitions.net/definition/through) the rain

Tho' your dreams

Be [tossed](https://www.definitions.net/definition/tossed) and blown

Walk on

Walk on

With hope in your heart

And you'll [never](https://www.definitions.net/definition/never) walk alone

You'll [never](https://www.definitions.net/definition/never) walk alone

You might be able to get inspiration from those around you. At the moment particularly we are all having to show great resilience!