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



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!