

Resilience



Super Songs

'Skyfall' by Adele

'Survivor' by Destiny's Child

'Pick Yourself Up' by Frank Sinatra

[Chumba wumba Song](#)



How did they overcome it?

What could have happened to the person in the song?

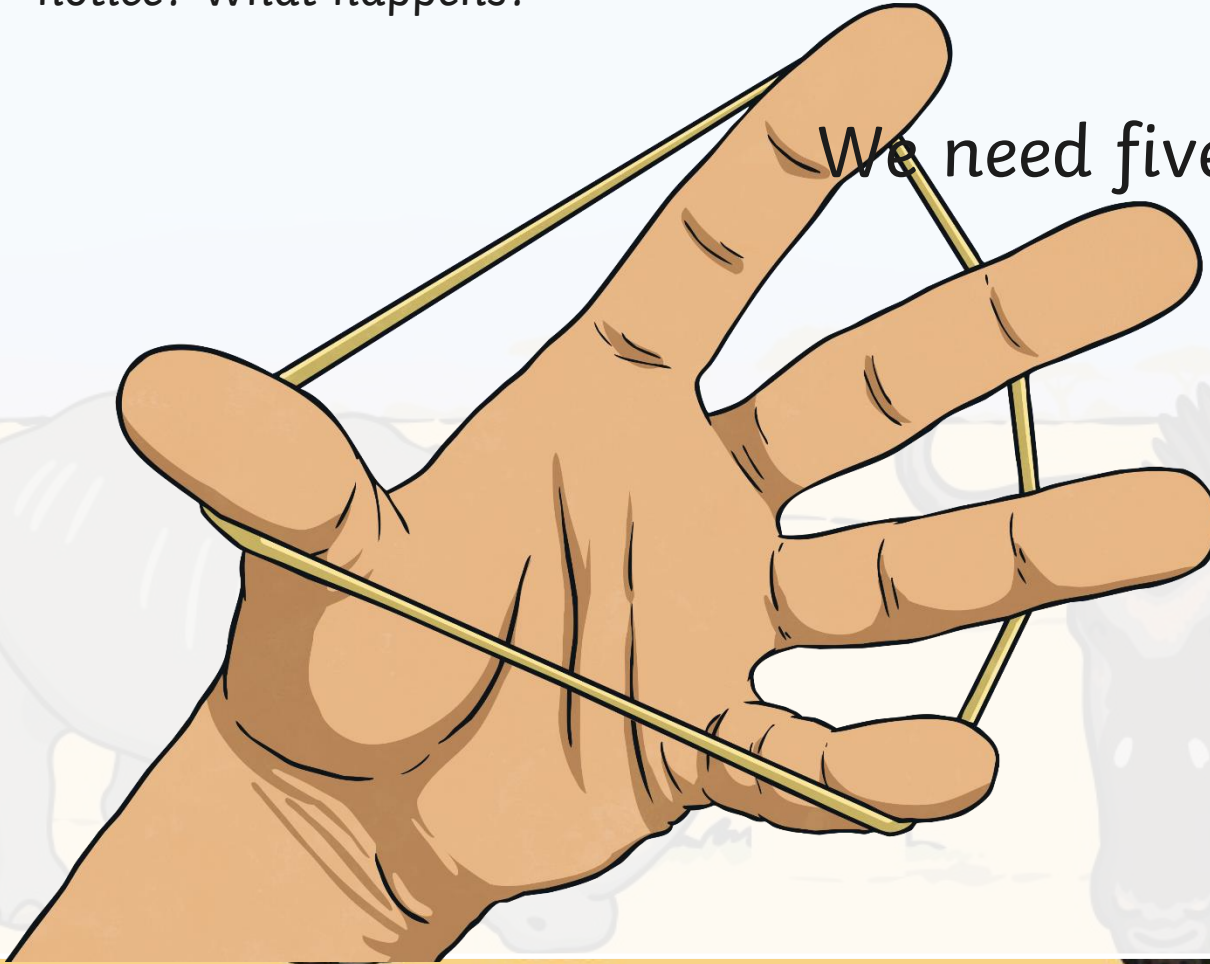
What are these songs about?

Discuss It!

Rubber Band

Can you permanently change the shape of the rubber band? What do you notice? What happens?

We need five volunteers!



Do It!

Resilience

Some materials are able to bounce back after they have been bent or stretched.

People who can bounce back when things have happened to them are known as

resilient.

Can we clap out the word 'resilient'?

Can we whisper the word 'resilient'?

Can we shout the word 'resilient'?

Some Animals Are Resilient Too!

Does anyone know anything special about a swallow?

What kind of animal is this?

What kind of bird?

Who has seen a swallow?

How do we know what it is?



Discuss
It!

Photo by MICOLO J (CC BY 2.0)

The Swallow's Story



Savannah the swallow had spent the winter months in Africa, roosting in a forest of elephant grass. One morning she woke up and knew that it was time to make the 3,000 mile journey back to Scotland to hatch her young. Her feathers felt restless, and Savannah began to soar and swoop through the skies with her friends.

The Swallow's Story



Along with a great flock of swallows, Savannah soared into the sky, ready for the journey over the enormous Sahara desert. Savannah made sure she had eaten as many insects as she could before leaving as there would be no food in the desert. She wondered whether she would make the journey safely, but knew that she would have to try.

The Swallow's Story



Savannah flew as fast as she could, travelling 200 miles a day with her friends over fields and water. Still the journey would take her weeks. She had to believe in herself and keep going, learning new skills such as drinking water whilst flying, without stopping!

Click on the swallow to watch a clip of a swallow drinking water on the wing.



The Swallow's Story

Does the swallow drinking look easy or hard?



Can you think of words to describe the swallows on their journey?



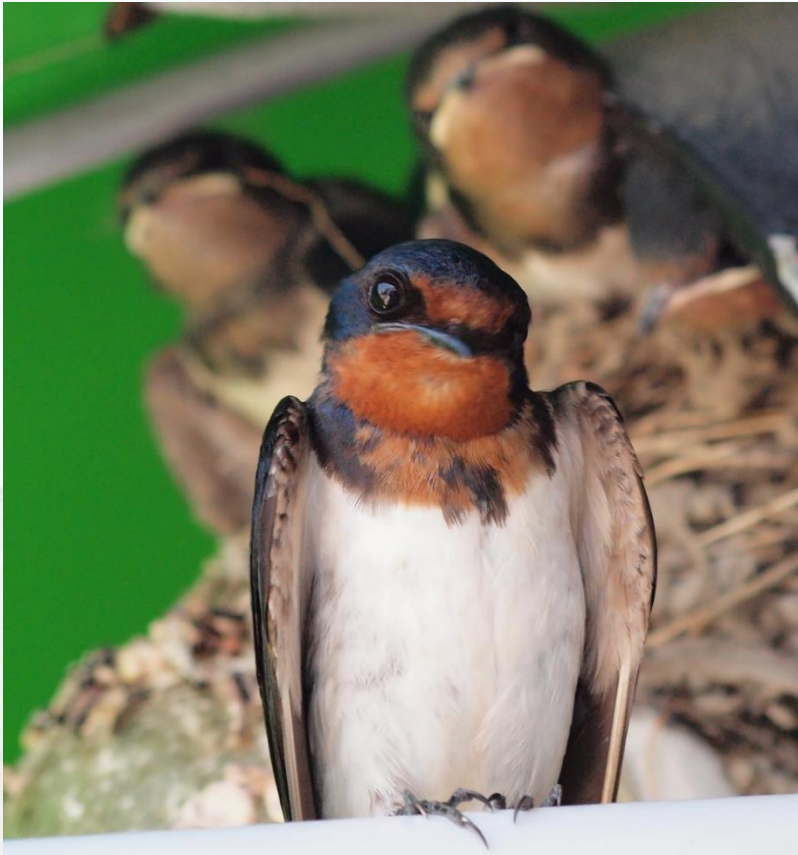
The Swallow's Story



Savannah would rest with her friends and feed whenever she could. She sheltered in the reeds from the rains and tropical storms, drying her wings before continuing with the journey. The dense reed bed protected her from predators such as sparrow hawks.

Although there were many dangers and Savannah was very tired, her friends made her feel safe and she knew she had to keep going.

The Swallow's Story



Finally, Savannah reached her special spot in Scotland where, nestled under a school roof, she found her nest, safe and sound. Savannah had been using the same nest for ten years and it felt like home. She raised her chicks until it was time to return to Africa, just a few months later.

The Swallow's Story



What can we learn from the swallow's story?

What challenges did she face?

What helped her to overcome them?

What can we learn?

Top Tips for Resilience



Be Thankful



Tell the person next to you something that you are thankful for today. Try to do this every day. This is something you should remember when you are facing a challenge.

Work Hard



We can achieve great things when we work together. Can you think of a time when a friend helped you to achieve something tricky?

Ask For Help



You should always work hard and try your best. Can you think of a time when trying your best helped you to succeed?

Keep Trying



Watch this [video](#) to see the incredible Houdini Horse!
Do you think the horse learnt to do this straight away? How many attempts do you think it took? What can we learn from Houdini Horse?

Believe in Yourself

I am really
good at...

I am great
because...

I make
people smile
when I...

I can...

Click on a star and complete the sentence.

Stay Calm

How do you feel?

Watch the video.

Now how do you feel?

Why is it good to feel calm?

Watch
It!



Laugh!

What is brown and sticky?
Click to find out!

A stick!

Did this joke make you laugh?
Can you do better?

Have a joke telling competition! Who has a joke to share?



Thinking Time

What can we learn from the swallow's story?

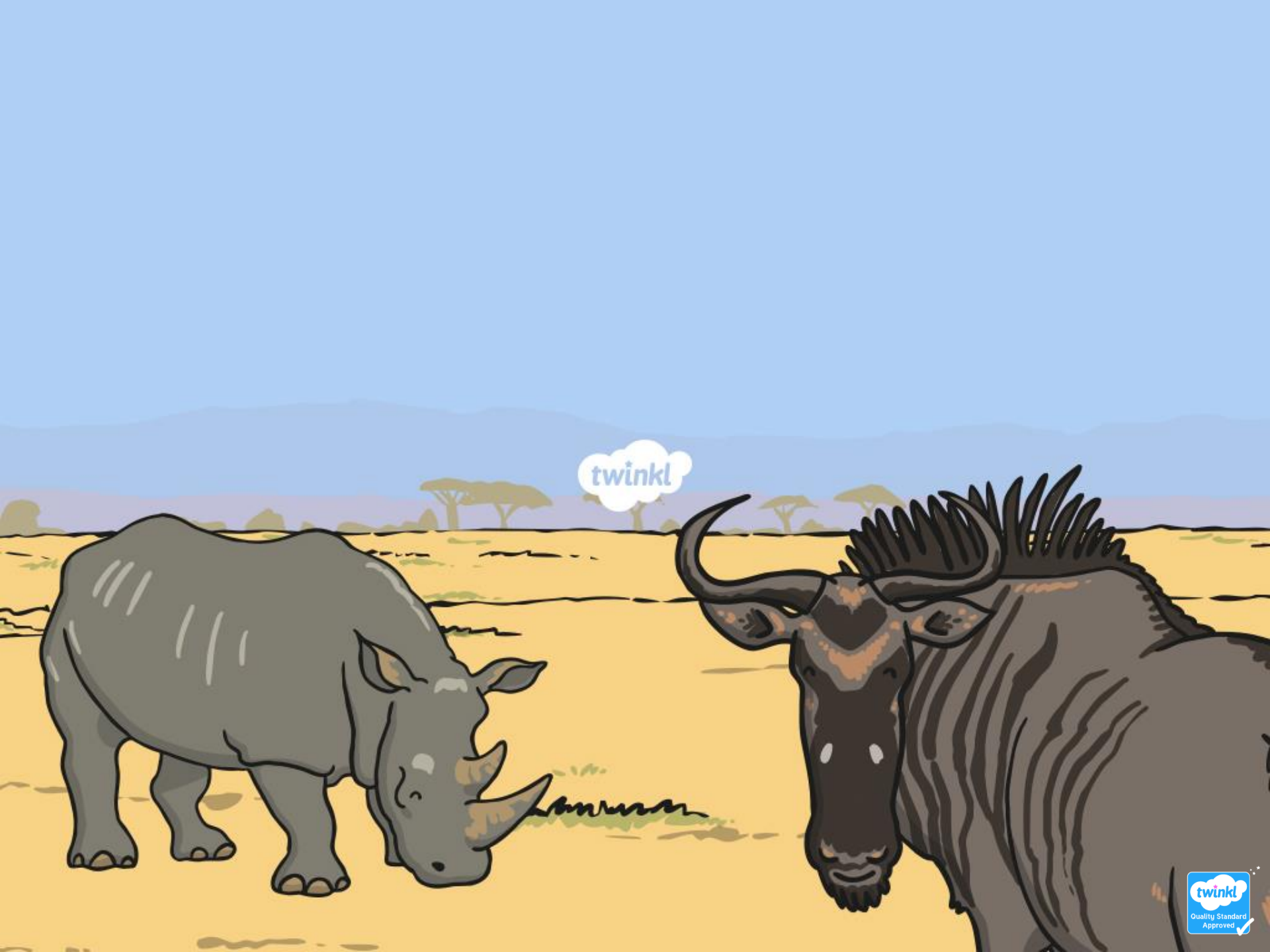
Take a quiet minute to think of a time when you showed true resilience.

What can you do to become more resilient?

Keep working hard to achieve your ambitions!

Take a quiet moment to think about what your ambitions are.





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