

Activity sheet What is resilience?

Instructions

"	IIIsci occions				
1.	Write or draw everything you know or think about resilier	nce.			
2.	Watch the Resilience film (you can find it at this web address: plprimarystars.com/resources/resilience). Get ready to answer this question:	II?			
		What kind of things help people to become more resilient?			
3.	• When this question appears on the screen, pause the film and jot down your thoughts in the box below.				



Activity sheet **What is resilience?**

4. Now that you have learned about resilience, can you complete the match report below?

ootballe	ers have match reports recording crucial information – and now so can you!	
nstruc	tions	
inish the	statements on the match report.	
Resilience	e is:	
		••••
I am resil	ient because:	
l bayea ab	own resilience when:	
i nave sn	own resilience when:	
		•••••
		•••••
I can sho	w resilience in the future by:	
		•••••