

Activity sheet

What is resilience?

Instructions

1. Write or draw everything you know or think about resilience.

2. Watch the Resilience film (you can find it at this web address: plprimarystars.com/resources/resilience). Get ready to answer this question:



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?

Premier League Primary Stars match report

Footballers have match reports recording crucial information – and now so can you!

Instructions

Finish the statements on the match report.

Resilience is:

.....

.....

.....

I am resilient because:

.....

.....

.....

I have shown resilience when:

.....

.....

.....

I can show resilience in the future by:

.....

.....

.....