

I CAN
I AM



Challenge 5: Raising Resilience

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Learner name:

School/Centre name:

Teacher/Tutor name:

COMPLETING CHALLENGE 5: RAISING RESILIENCE

WHAT YOU NEED TO COMPLETE	ACTIVITIES/REFLECTION POINTS TO COMPLETE	HOW LONG THIS SHOULD TAKE YOU
Part 1 – I Can Learn	Resilience bingo	10 minutes
	Famous examples of raising resilience	10 minutes
	Why resilience is important	5 minutes
	Coping strategies to be more resilient	5 minutes
	Boosting your resilience in the Covid-19 crisis	10 minutes
Part 2 – I Can Build	Planning and doing your activity	30 minutes*
Part 3 – I Can Thrive	Reflecting on your resilience	15 minutes

**This could be more depending on the activity you choose to do*

BEFORE YOU START THE 'RAISING RESILIENCE' CHALLENGE...

Reflecting on your Self-Belief Skills



Before the Covid-19 crisis – How resilient to challenges and knock-backs were you?

Score out of 10

During the Covid-19 crisis – How resilient to challenges and knock-backs are you in the current crisis?

Score out of 10

POWERUP YOUR SELF-BELIEF SKILLS



Be able to stand up to the challenges of the Covid-19 crisis

INTRODUCTION TO THE CHALLENGE

Setting the scene for 'Raising resilience'

The Covid-19 crisis has shaken up the way that nearly everyone lives and socialises. We can no longer do what we want to do when we want to do it. This applies to things we want to achieve now and those things we want to achieve in the future.

This challenge aims to give you a boost for your resilience by giving you ideas of the coping strategies that you can use to overcome the adversity of the Covid-19 crisis and thrive, both in the present and in the future.

What you need to do to complete this challenge

For this challenge, you will plan and complete a personal challenge that focuses on the need for resilience.

There are some challenge ideas later in this resource that you can use. Or, if you want, you can come up with your own.

Reflecting on your development and experience

Once you have completed your action plan, you need to complete the '**I CAN THRIVE: Reflecting on your resilience**' section. This asks you to reflect on how you have shown resilience.

What is the outcome for you?

On completion you will have proven your self-belief skills and will be awarded the 'Raising resilience' challenge digital badge so you can show what you have achieved.

It is time to discover how you can 'raise your resilience' in the current crisis...

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PART 1: I CAN LEARN

Being resilient before the Covid-19 crisis

The Covid-19 crisis has shown us all that being resilient to challenges (e.g. changes, failure, disappointment, etc.) is incredibly important.

Some people have not been able to leave their home for weeks, food and provisions have been in short supply and many of the places we go to relax and socialise have been closed.

Take your current situation. Your school/college, community organisations, local cinemas, gyms and sports clubs, cafes, shops, and so many other places have been closed and are unlikely to return to their pre-Covid-19 crisis state for a few months yet.

So, we must all develop new skills and coping strategies, to be more resilient to changes like these so that we can better manage our own mental health in the future.

This 'raising resilience' challenge will give you the opportunity to reflect on the resilience you have already shown but will also lead you to show new resilience.

What is resilience?

What would you think if someone offered you the chance to be better able to deal with upsets, setbacks and disappointments? And better able to deal with the impact of the Covid-19 crisis?

Or if you felt more confident and better able to take on new challenges without the fear of failing? All of these things can come from being more resilient.

Resilience is the power to overcome setbacks, and by exploring resilience and learning techniques to become more resilient you will be better equipped to deal with whatever life throws at you.

Other terms for resilience?

There are many words and terms used that mean resilience. For this activity, choose someone in your house or call someone to play resilience bingo with. Give them 60 seconds to name as many alternative words or terms that have the same meaning as resilience. Tick them off the list as they say them and add any other words that they mention to the box. You could give someone else a chance to beat their score.

RESILIENCE BINGO					
Grit		Perseverance		Persistence	
Determination		Commitment		Bouncebackability	
Mentally strong		Toughness		Dedication	

Famous examples of raising resilience

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There are many examples in history, in popular culture, politics and everyday life of when resilience can be demonstrated.

KATY PERRY: Her pursuit for a career in music

Most people know the name Katy Perry, but are not aware of the struggles she went through to finally get that breakthrough she was after.

Perry started her career early in her life, dropping out of high school after Year 10 to pursue singing. Originally, she was a gospel singer and in 2001 she released her first gospel album with Red Hill Records. But after selling only 200 copies of her album the record company ceased operations and subsequently went out of business.

Perry switched gears to popular music, moving to Los Angeles and in 2003 she was signed to Island Def Jam, but this wasn't successful either and her contract was again terminated.

In 2004 she signed with Columbia Records who sought to make her the lead vocalist in a band called The Matrix. However, that deal also fell through when Columbia Records shelved the project at about 80% completion.

After being dropped from three labels, you would think that Perry would have given up. She didn't.

She continued to pursue her career, working odd jobs and doing back-up vocals until she was signed to the newly formed Capitol Music Group in 2006. It was there that she worked on her first hit single, I Kissed a Girl, which started her career as a commercial success.

Other famous people who have shown resilience can be found here:

<https://www.wanderlustworker.com/12-famous-people-who-failed-before-succeeding/>

Right click this link and select 'open in new window/tab' to keep your work.

REFLECTION POINT

Think about a famous person that you like. Research how they started their career and the challenges that they had to overcome to get where they are today. What challenges or setbacks did they face? How did they show resilience to overcome this?

PERSON	THE SETBACK(S) THEY FACED	THE RESILIENCE THEY SHOWED TO OVERCOME THIS

Why resilience is important

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No one expects life to be all plain sailing. We all know and accept that, at times, there will be challenges we must face and bumps along the way.

Being resilient is not something you are born with. It is a skill, much like any other, that can be learnt, developed and improved, until we have the knowledge and experience to allow us to overcome the setbacks that come up from time to time.

REFLECTION POINT

What are the common themes that emerge from finding out why others think being resilient is important? Being resilient can help you to:

OVERCOME CHALLENGES	It's not only 'big' challenges that need resilience, even smaller things such as being able to cope with losing at a game, persevering when a homework project doesn't go well or keeping going to training even though you didn't get into the team all require an element of resilience.
MAKE THE MOST OF OPPORTUNITIES	Sometimes new things can be scary, and it feels much safer to stay in your comfort zone. But the only way to experience new things and take opportunities that present themselves is to step out into the unknown.
RECOVER FROM SETBACKS	It may seem that things always go wrong for you (whilst always going right for other people!) but the truth is that everyone will experience setbacks in life, from less major (but no less upsetting) things like falling out with a friend or not being picked for the school play, to more major events such as not getting the results you required for a dream job/next education place.
PROGRESS AND ACHIEVE	If we never try, then we will never fail... but we will also never get to experience success! The only way to move forward in life and to achieve all that we can is to try, even when it seems difficult. As JK Rowling said: "It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default". <i>(See more inspirational quotes here at www.goalcast.com https://www.goalcast.com/2019/09/09/quotes-about-failure/)</i>

Right click this link and select 'open in new window/tab' to keep your work.

Boosting your resilience in the Covid-19 crisis

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There are many ways that you can improve your resilience. The diagram below gives a few ways to positively influence your own resilience and your own ability to overcome challenges.

The current crisis does not change the way these can influence you, but it might require you to think about new ways of getting this influence. For example, 'talking' about your challenges and problems with others might not be as easy as it was before Covid-19 because of social distancing and self-isolation. So, you might need to 'reach out' to people for support in different ways than meeting them in your school/college or in your community.

REFLECTION POINT

For each of the points on the diagram, use the boxes to note down an example of your experience to build resilience during the Covid-19 crisis. If you do not have an example of them, outline how you could use it in the future.



Coping strategies to be more resilient

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There are lots of ways to be more resilient and, as was mentioned before, it can be improved over time with practice and willingness to try different approaches.

Length of time to build resilience

The first thing to consider is the length of time you need to be resilient to overcome the challenge. There are different situations that require different resilience responses. Let us look at these:

1. Short-term resilience – for example, coping with not being able to see your friends due to the Covid-19 crisis
2. Mid-term resilience – for example, dealing with the uncertainty of the Covid-19 crisis
3. Long-term resilience – for example, being able to take back control of your future during and after the Covid-19 crisis

Here are just some things you could try when you are faced with challenges or stressful situations, complete the table by stating when this could be used (Short-term, Mid-term or Long-term):

ACTION	DESCRIPTION	SHORT -TERM, MID-TERM OR LONG-TERM
Take a deep breath and count to 10	Step back from a situation for a few seconds, take a few deep breaths and evaluate the situation. Give yourself time to avoid the initial 'knee jerk' reaction and compose yourself to give a more helpful and measured response.	
Explore options	Consider the other options that are available to you. Discuss these with others if you want, before deciding which to try first. You can always consider and try out other options if that first one doesn't work.	

ACTION	DESCRIPTION	SHORT -TERM, MID-TERM OR LONG-TERM
Ask for support	It is a sign of strength to know when you can manage things on your own and when you need the support of others. By asking others for help, you can solve a situation and you can develop your own experience through the experience of others.	
Make a plan	Make a plan to take control of a situation and this can boost your positivity and resilience. Split the plan into smaller chunks, decide which to prioritise and focus on the most important tasks first.	
Give yourself a break	Take some time out, go for a walk, sing a song, watch some TV, sometimes just having time away from the problem can allow you to get it back in perspective and to see a clearer way forward	
Change your lifestyle	Make sure you get enough sleep, take some exercise, eat a healthy diet. All of these can help you to feel better both mentally and physically able to take on anything that life throws at you.	
Learn from your mistakes	Look back on a situation and explore how you ended up there. What helped you? What did not help you? Doing this might make you better equipped to avoid the same pitfalls in the future.	
Accept that there are some things you cannot change	There are some things in life that you cannot change, no matter how hard you try. Realising this will allow you to focus your time and energy where it can have a positive effect.	

PART 2: I CAN BUILD

To complete this challenge, you are going to try out some resilience techniques by undertaking a task that requires perseverance and dedication. There are four steps to completing your challenge.

Step 1 – Choose your activity

Step 2 – Plan and prepare for your activity

Step 3 – Perform it successfully

Step 4 – Reflect on how you dealt with setbacks and frustrations along the way (in Part 3 – I Can Thrive)

Coping strategies to be more resilient

The activity you select should be difficult enough that it will challenge you – there is no point doing something that you can already do easily or that won't test you. You can select an activity from the list below or choose one of your own.

PHYSICAL CHALLENGES	PERFORMANCE CHALLENGES
<ul style="list-style-type: none">• Juggle 3 objects for 30 seconds• Do 10/20/50/100 keepy ups (depending on your ability)• Make 50 successful volleys between you and a partner with a balloon• Chip a football or hitting a tennis ball into a wheelie bin a set number of attempts• Knock a can or bottle off a fence or table with a beanbag or ball from a set distance• Score 180 in darts with 4 darts	<ul style="list-style-type: none">• Select a dance routine from a music video, film, show etc and perform a step perfect rendition of it• Write and sing your own song or 'mash up' songs from a film or show and perform• Learn and recite a poem, soliloquy or monologue• Create a storyboard, cartoon, comic strip, short story, newspaper article or podcast about a subject of your choice
MIND-BASED CHALLENGES	MAKING CHALLENGES
<ul style="list-style-type: none">• Memorise and recite the names and current order of football teams in a league/all leagues• Remember all of the railway stations in order on a certain journey and back• Memorise number 1 music singles in date order for a set period of time• Complete a knight's tour on a chess board (see Wikipedia)	<ul style="list-style-type: none">• Build a house of cards• Bake and decorate a cake or cook a family meal (including starter and dessert?)• Build a Lego structure• Build a balloon powered boat that can travel the length of the bath

Steps 2 and 3 – Planning and preparing for your activity

Complete the following in advance of attempting your activity.

MY CHOSEN ACTIVITY		
THE TASK	When I will do the activity	
	What I need to complete the activity	
	Do I need an observer?	
SAFETY	Are there any safety considerations? Can anyone get hurt?	
THE RULES	How many attempts or what time is allowed?	
	What outside help am I allowed?	
	What can I change in the activity to make it harder?	
	What can I change in the activity to make it easier?	
MY PROGRESS	How will I know I have been successful?	
	What I think will need the most resilience	
	What strategies will I use to be resilient?	

POWERUP YOUR SELF-BELIEF SKILLS



Boost your resilience through planning to succeed

'Reflecting on your resilience'

After the activity – How well did the activity go?

Think about the obstacles, setbacks and challenges you encountered. What were they and how did they make you feel? What did you do to overcome the challenge and how did this make you feel afterwards.

WHAT MADE ME PAUSE?

The challenges, setbacks or obstacles I came up against

I STARTED UP AGAIN BY...

What did I try or do to overcome this? How did I show resilience?

HOW I FELT...

when I came up against the challenges, setbacks or obstacles that I came up against

--

HOW I FELT...

After showing resilience

--

WHAT ARE YOU MOST PROUD OF ACHIEVING THROUGH THE ACTIVITY?

--

HOW WILL I USE THE EXPERIENCE OF SHOWING RESILIENCE TO HELP ME OVERCOME THE COVID-19 CRISIS?

--

POWERUP YOUR SELF-BELIEF SKILLS



Raise your resilience and to take the crisis on

CONGRATULATIONS!

Now you have completed the 'Raising Resilience' challenge

Use the space below to sum up how you have improved your Self-Belief skills through this challenge. Please also score your Self-Belief skills after completing this challenge.

Once you have done this, you will have achieved your 'Challenge 5: Raising Resilience' digital badge.

Challenge 5
Raising Resilience
Badge

Score out of 10

Tutor Comments (Optional)



Take on Challenge 6 or any of the other challenges

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