



May Value- Resilience



Every day we are reminded to use our growth mind-set and always try our best but sometimes that can be tricky and we rely of different people and things around us to give us a little boost. This value is especially important during this time. No matter what we remember...WE CAN DO THIS!

Listen to the story of 'The Hugging Tree'. Think about a time that you forgot to use your growth mind-set. What helped you?

<https://www.youtube.com/watch?v=ruO9pVHLX6o&safe=active>

Another great story about Resilience is 'The Lion Inside'.

Secretly, we all have a lion inside us!!

https://www.youtube.com/watch?v=GlFDD3gYZ_0&safe=active

We would like you to follow the guide below to create your own 'Tree of Strength'.

1. Draw around your hand leaving the tips of your fingers open. This will become the base of you tree- your arm is the trunk and the fingers are the beginning of branches.



2. At the end of the open fingertips, extend the drawing to create more branches. At the end of the branches, draw several large leaves, making them large enough that you can write in each one.



3. On each leaf, write one thing that helps you get through a difficult time- this can include family, breathing techniques, different coping strategies, sports/enjoyable activities and supportive people in your life.



4. Decorate the tree as you wish and place it somewhere you can always go to, this will remind of the things that give you STRENGTH and help you be more RESILIENT.

We will be completing our own 'Tree of Strength' and sharing them with you this week.

Miss McDade, Mrs Benians and Miss Lee xox

