



"You will face many defeats in your life, but never let yourself be defeated."

Maya Angelou



I am developing **RESILIENCE**

When I have resilience I...

- Am willing to have a go
- Persevere when things are difficult
- Trial different methods
- Learn from my mistakes
- Bounce back from set-backs

FOR EXAMPLE

In PE:

When I keep missing the basket in basketball, I don't give up or get frustrated. I watch how others do it and try different techniques to see what works for me. I ask my partner for feedback that will help me to improve.

In school:

While reading out a poem I have written in English, I misuse a word. The other pupils laugh at my mistake. Although I am embarrassed, I ask the teacher for the correct word and continue to read my poem.

In life:

I have just moved to a new school and am finding it difficult to make friends. People are not unkind, but they don't invite me to join in their games; I have to make the first approach. Although it is hard, I make the effort and ask to join in or invite them to join me in a game.

Linked words: persistent, adaptable, buoyant, robust