

Building resilience at THS

Year 11



Guide for tutors

This set of tutor time activities aims to give your tutees the opportunity to reflect on resilience and to consider how they can become more resilient learners. The activities are split into 5 strands, each representing part of the 'Young Minds Resilience Framework' (see <https://youngminds.org.uk/resources/tools-and-toolkits/academic-resilience-resources/> for further information).

- Please book a cluster in the first two weeks of the Autumn term and ask your tutees to complete the 'Resilience Survey' on slide 4.
- The second activity should be the 'I am resilient because...' presentation on slide 5. Again, you will need to book some cluster time for this.
- Once you have completed those activities, you may complete the others in any order, but please make sure that you cover the five strands by the end of the year. You know your tutor group and are best placed to choose activities based on their current needs and priorities. You may wish to take more than one session to complete an activity.

Resilience framework categories

- [Basic](#)
- [Belonging](#)
- [Learning](#)
- [Coping](#)
- [Core self](#)



Resilience survey

<https://www.surveymonkey.co.uk/r/WCFBJF8>

On the cluster, please fill in the short survey. This will give us an idea about how resilient THS pupils feel they are.

It is very important that you answer honestly! The survey is anonymous so we won't know who has answered what.



How resilient are you?

Objective: Present an example of how you have been resilient.



You will be working on the cluster to produce a PowerPoint for this task. Present an example of when you have found something tough but have persevered. Examples could include:

- Finding something at school difficult but asking for help and getting the hang of it through hard work
- Recovering from an illness/injury and going on to do well at a sport
- Being more patient with a younger sibling and helping them with something

If you are willing to, it would be great if you could present your example to the class.

Managing your money

Objective: Understanding the limitations of a budget



Get into groups of four for this activity.

You each have £100. With your £100, you will need to do the following:

- Feed your family for a week
- Buy your best friend a birthday present
- Get the bus to school every day
- Buy a pair of school shoes

You may wish to use the internet to research some prices. Use the sheet in your work book to write out the budget you come up with.

How did it go?

- Did you find the task easy or difficult?
- Was it hard to complete the task and keep to the budget?
- Could you buy everything on the list with your £100?
- Has this activity helped you to learn about money?

Enough money to live

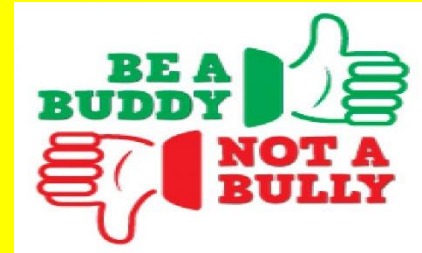
Objective: Explore the value of money



Research charities that work to help the poorest and most vulnerable people in the world. Watch one of the videos on one of the websites and answer the following questions:

- Do people in the films need more money to live a decent life?
- Why do you think people need this money?
- Why do you think people are in this situation?
- Why do some people have enough money when others don't?
- Why is having enough money important and how does it help you cope better with life?

Being free from prejudice and discrimination



Objective: Consider why it is important to be free from prejudice and discrimination

Read the two case studies in your booklets, discuss with a partner and answer the questions.

- Discuss as a class why it is important to live a life free from prejudice and discrimination
- Have you ever suffered being treated badly? How did you cope and deal with this?

Exercise and fresh air



Objective: Consider how exercise and fresh air can make you feel better

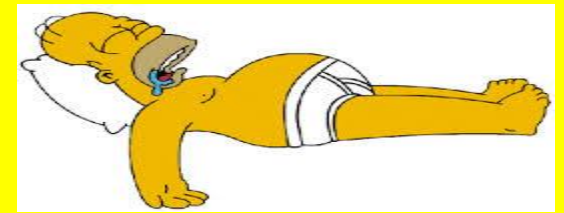
Considering your personality and what you like doing in your spare time:

- What would be your ideal form of exercise? Basketball? Dance? Walking the dog? Fishing?
- What activities could you do that would be outside in the fresh air?
- Do you exercise regularly?
- If you would like to exercise what is stopping you?
- Do you prefer to exercise in private or with a group of friends?
- Does exercise make you feel better?
- Does exercise help if you are stressed? Can exercise be a form of relaxation?
- Do you like being outside?

Your task:

Try a new type of exercise before next week. Blog how you feel before doing it, and how you feel afterwards.

Enough sleep



Objective: Identify myths about sleeping and learn about the best way to get a good night's sleep.

Your tutors are going to read out the quiz questions in your booklets.

- Divide yourselves into small groups and think of a team name.
- Listen to the quiz questions and discuss your answers in your groups.
- At the end of the quiz, mark your answers and discuss as a class.

Sleep quiz answers.

What is the ideal room temperature to help you get good nights sleep?

18 – 22 °C

Do teenagers need to sleep more than adults and why?

The National Sleep Foundation staff say that teenagers need about 9 1/4 hours sleep each night, while adults need at least 7 hours of sleep. Teens need the extra sleep because their bodies and brains continue to grow and change rapidly.

Does eating cheese before you go to bed gives you nightmares?

Not true there is no evidence to show eating cheese before you go to bed makes you have good or bad dreams. Heavy food makes you dream more so if you eat heavy food before you go to bed you are likely to dream more.

What is the longest time that someone has gone without sleep?

264 hours is the longest scientifically documented period anyone has survived without sleep (Without using any kind of drugs or stimulants that would keep them awake)

Is it good to stretch before going to sleep? If yes why?

Stretching helps releases tension and lowers levels of stress hormones in your body

Name three foods or drinks that can help you sleep and why?

Bananas, cashews and leafy vegetables they are all full of potassium and magnesium which natural muscle relaxants. Milky drinks have an amino acid that helps regulate sleep

Name three foods or drinks that do not aid sleep and say why?

Sugar makes you wired then tired if you are craving sugar it is your body's way of telling you it is time to go to bed
Chocolate contains caffeine which keeps your brain buzzing
Burger and chips are high in bad fats which give you a jittery feeling and increase your stress levels
Alcohol may help you fall asleep initially; it is a stimulant and stimulates the brain keeping it awake. Alcohol is also really dehydrating and can make you wake up and want to drink lots of water.

Keep relationships going

Objective: Consider why it is important to have and maintain good relationships.

Consider the following and fill in the table in your work book:

- What relationships have you had for a long time?
- What good relationships do you have in your life: e.g. mum dad/ grandparents, neighbour, corner shop worker, youth worker.
- Name an important relationship in your life and say what role that person has?
- Consider what you need to do to maintain and keep a good relationship going?
- What can you do to make it a good relationship?



Set a positive goal!



Objective: Set yourself a challenge that will give you a good experience

Think of a challenge for you to complete by the end of term that will give you a good experience, feel rewarding or generally build your confidence. Your challenge may:

- Build on an existing skill (earn a new belt in a martial art, run 5km faster, learn a new crochet stitch...)
- Enable you to learn a brand new skill (take up a new sport, a craft or learn the basics in a new language)
- Push you slightly out of your comfort zone (take part in public speaking/a debate, do a 'good deed' every day for a week...)

Write a short diary or blog of your challenge (prizes for the best ones! 😊) and ask your tutor to sign your pledge (see your work book).

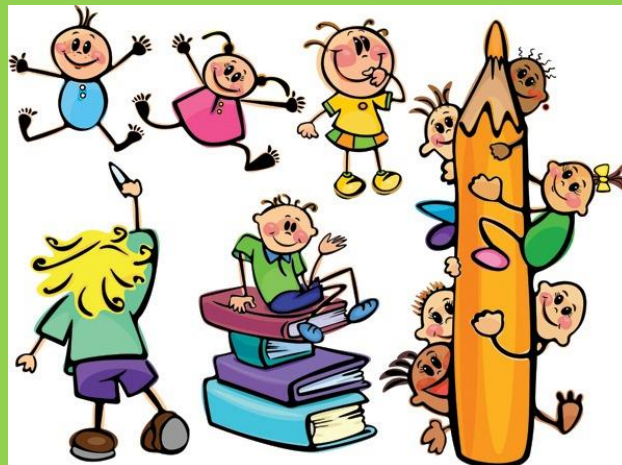
Before you start your challenge you will be given time to think about how you will organise yourself (what will the stages of your challenge look like?).

Good luck and have fun! 😊

Making the most of school life

Objective: Consider what you need to do to make your school life positive

- Use the page in your work book to think of as many ways as you can in which your school day can go wrong and be a negative experience.
- In the right hand column, write down ways in which you could remedy those situations and make them positive.
- Now discuss your ideas as a tutor group.
- Which 3 of those ideas do you think you could adopt this week to make your learning experiences more enjoyable?



Organise yourself!

Objective: Discuss how taking responsibility for your own organisation can aid resilience.



Case study

In groups of 3 or 4, read through the case study in your work book. On a sheet of A3 paper, write down the following:

- A list of all tasks that the pupil needs to do
- How and when should they do these things? (Give times and days etc.)

Then discuss in your group:

- Is it easy to organise yourself or something that you have to learn?
- How can organising yourself well help you to learn more effectively?

Now think of one area of your life where you could be more organised. This week, make an effort to organise this part of your life more effectively and see if it makes a difference to your state of mind.

TIME MANAGEMENT

- CLARITY** (Magnifying glass icon)
 - What is my purpose?
 - What are my goals?
 - What are my values?
 - What are my priorities?
- PRIORITY** (Shopping cart icon)
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 - What is my fourth priority?
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- LET GO** (Scissors icon)
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 - Who can I be creative with?
 - How can I be creative?
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 - Who is my target audience?
 - Who is my customer?
 - Who is my partner?
- SWITCH** (Light switch icon)
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- REVISIT** (Key icon)
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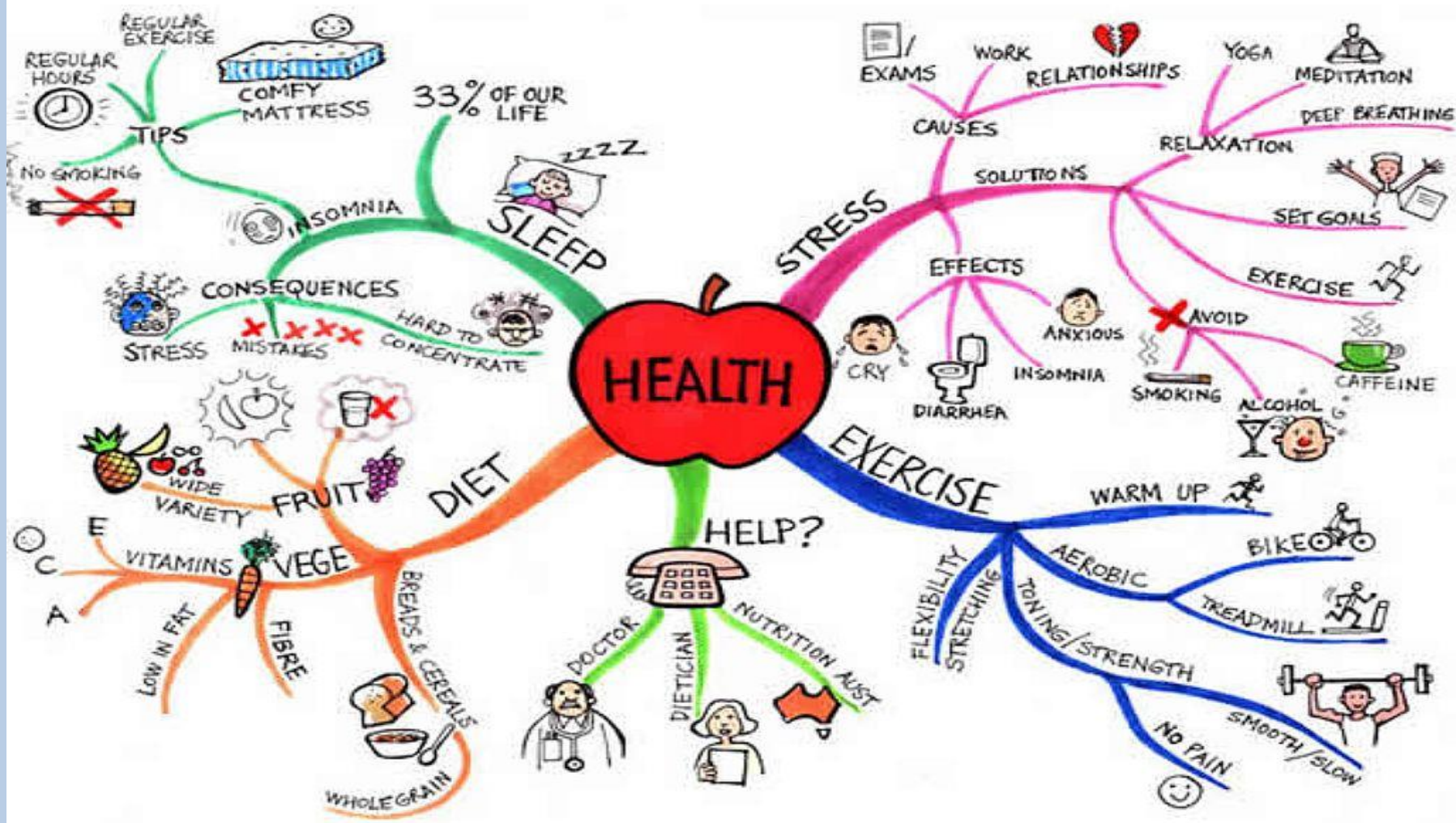
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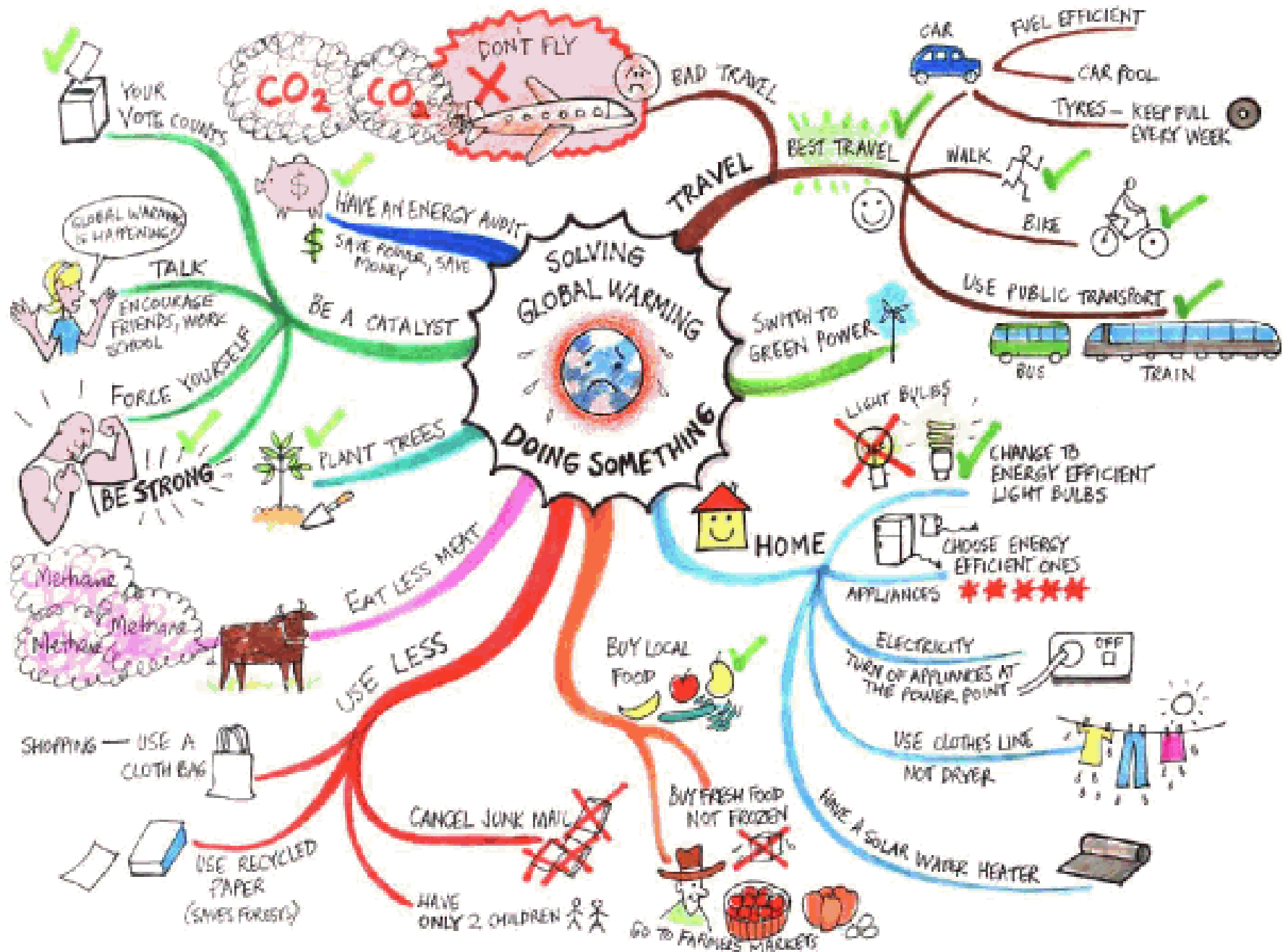
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- CONNECTION**
 A small figure icon. Notes: "I FEEL OVERWHELMED", "I FEEL CONFUSED", "I FEEL LOST".
- NON-STOPPING TASKS**
 A small figure icon. Notes: "I FEEL OVERWHELMED", "I FEEL CONFUSED", "I FEEL LOST".
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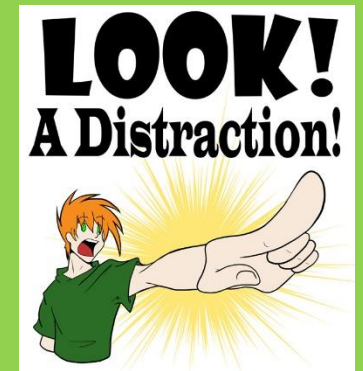


Managing distractions

Objective: Consider what you can do to prevent distractions from hindering learning

1. Get into groups of three or four. In your group, think of some common distractions in lessons that can prevent you and others from learning well.
2. Choose one type of common distraction and come up with a short piece of drama depicting that distraction. Be ready to perform it to the tutor group.
3. After each group has performed, in your work book answer the following:

- What was the main distraction in this example?
- How did that distraction prevent the pupil from learning?
- What effect did that distraction have on the class as a whole?
- What would help the pupils avoid that distraction in future?



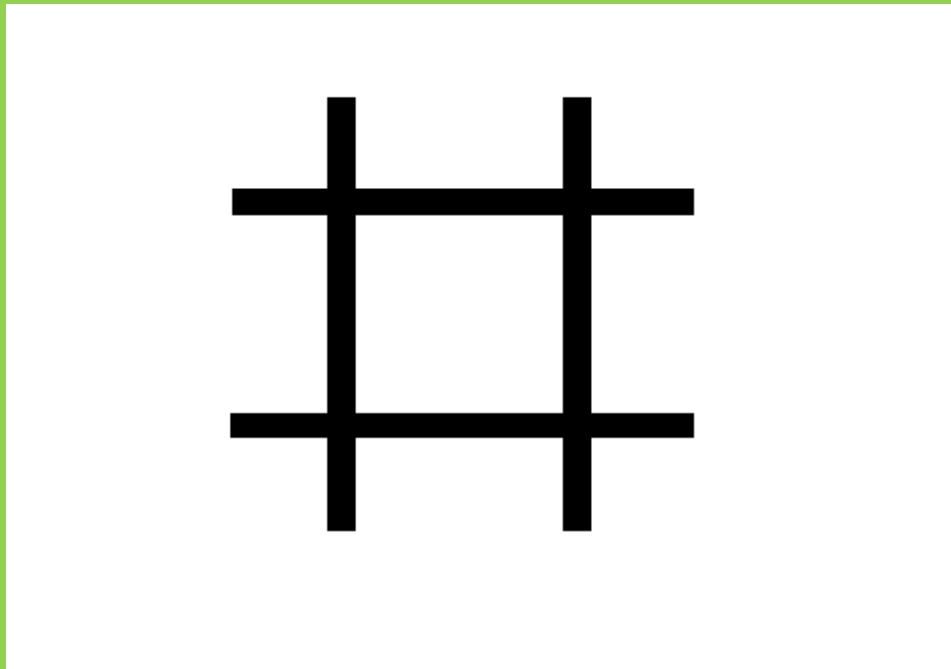
Now think of something that distracts you regularly in lessons. What can you do to help yourself in these situations?

Flex your learning muscles! This test is to see how well you can follow instructions. However, you only have **5 minutes!**



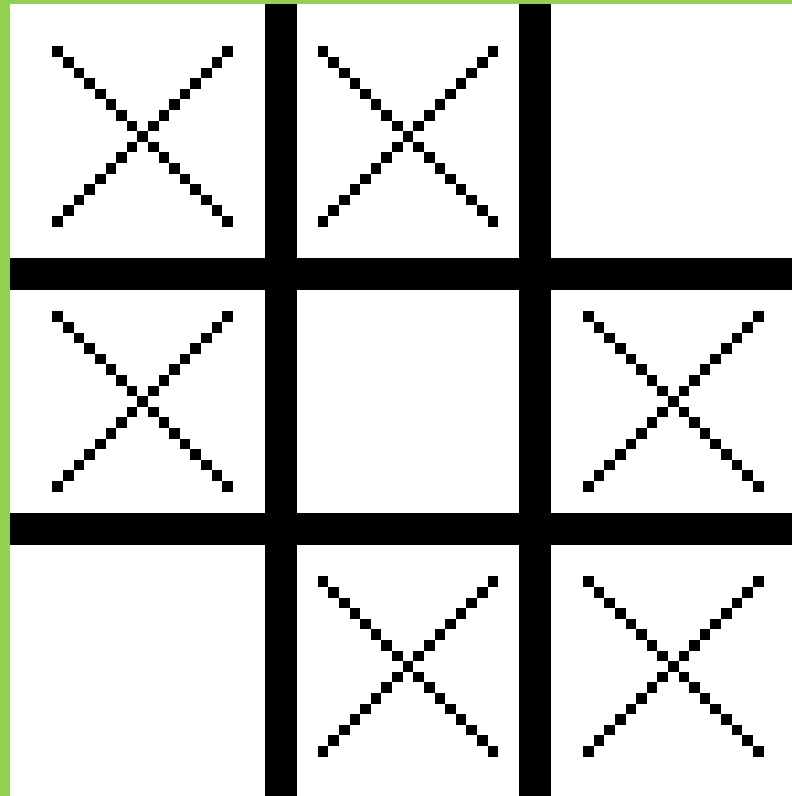
- 1) Read through the questions carefully first.
- 2) Draw **three boxes** at the **top** of your paper.
- 3) Draw a **circle** round the **middle** box.
- 4) Draw a **triangle** inside the box on the **left**.
- 5) Put a **cross** inside the box on the **right**.
- 6) Now, **stand up** and **clap your hands twice**. Sit back down.
- 7) Write '**Yes I can!**' under the boxes.
- 8) At the **bottom left** of your paper, draw a **tree**.
- 9) Draw a **bird** in the tree.
- 10) Now, say '**I am on number 10**'
- 11) Go to the **bottom right** side of your paper and draw your **favourite food**.
- 12) Now you have read all the instructions, there is only one that counts and it is this one which tells you to put your pen down and do nothing.

Flex your learning muscles! Can you place six crosses on a noughts and crosses board without putting three-in-a-row in any direction?



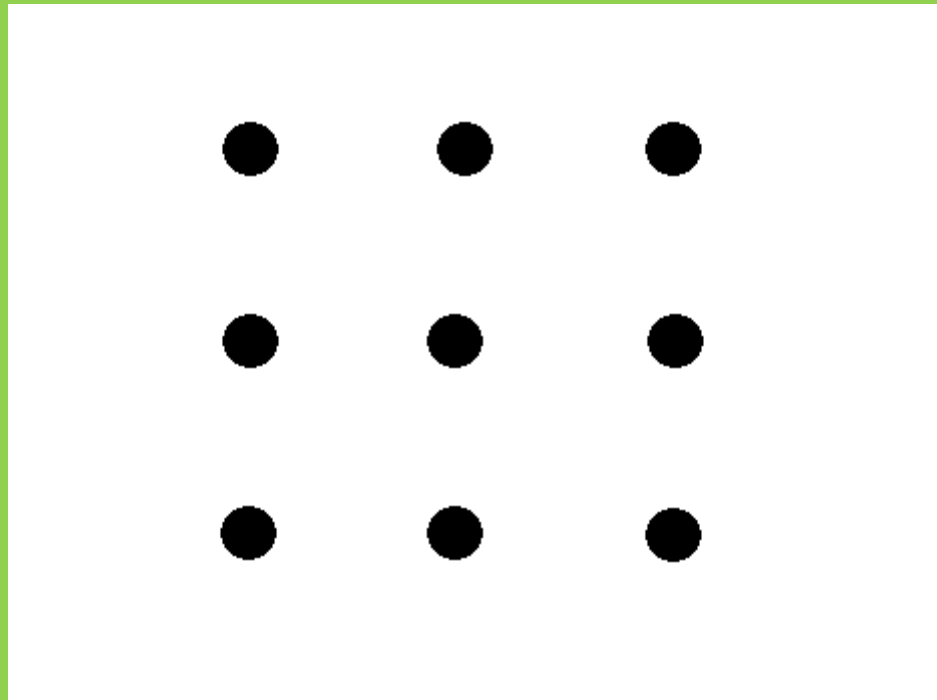
Solution on next slide...

Easy!

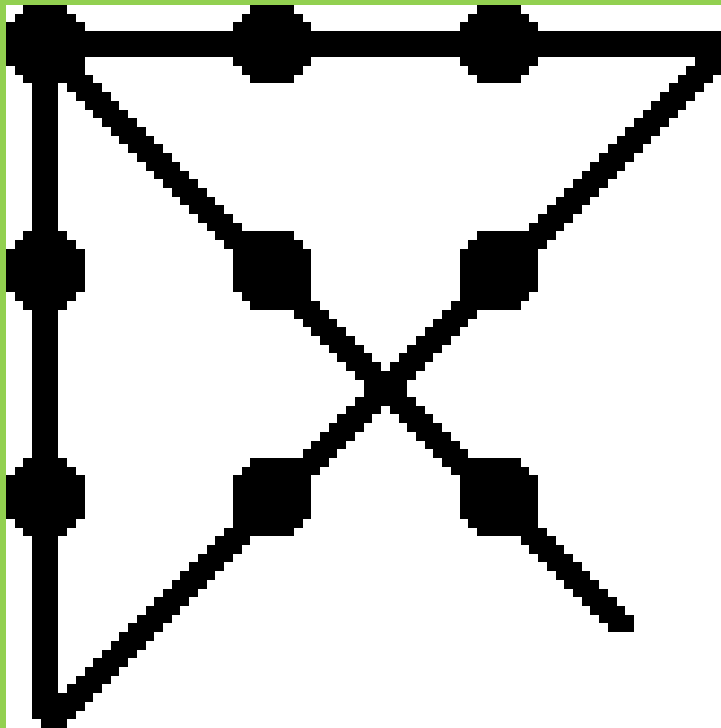


Flex your learning muscles!

Connect each of the dots using **only four** straight lines and without lifting your pen from the paper. Lines can be as long as you like.

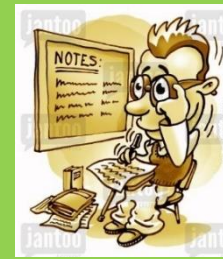


That was a challenge!



Focus on revision

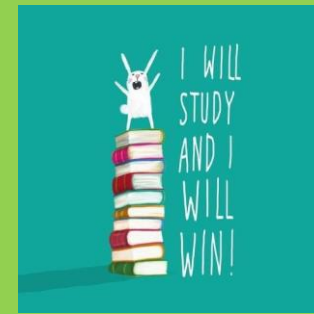
Objective: Organise your revision



- Preparing for tests or exams is not always easy. It takes planning and strength of character to prepare well, succeed and reap the rewards. For the next two sessions we are going to focus on how to get the best out of your revision sessions.
- Firstly, in your booklet answer the following questions:
 1. What helps you to concentrate?
 2. What distracts you the most when you are working?
 3. Which methods of learning have helped you in the past?
 4. At what time of day do you work most effectively?
- Now think about what you will need for your revision. This may include textbooks, exercise books, highlighter pens etc. It will most certainly include biscuits. Write a list of what you will need to hand.
- Now you have thought about how to prepare for your revision sessions, compare your notes with the person next to you. Can you offer them any advice?
- Next session you will have the opportunity to plan a revision timetable in detail.

Focus on revision (ii)

Objective: Plan your revision



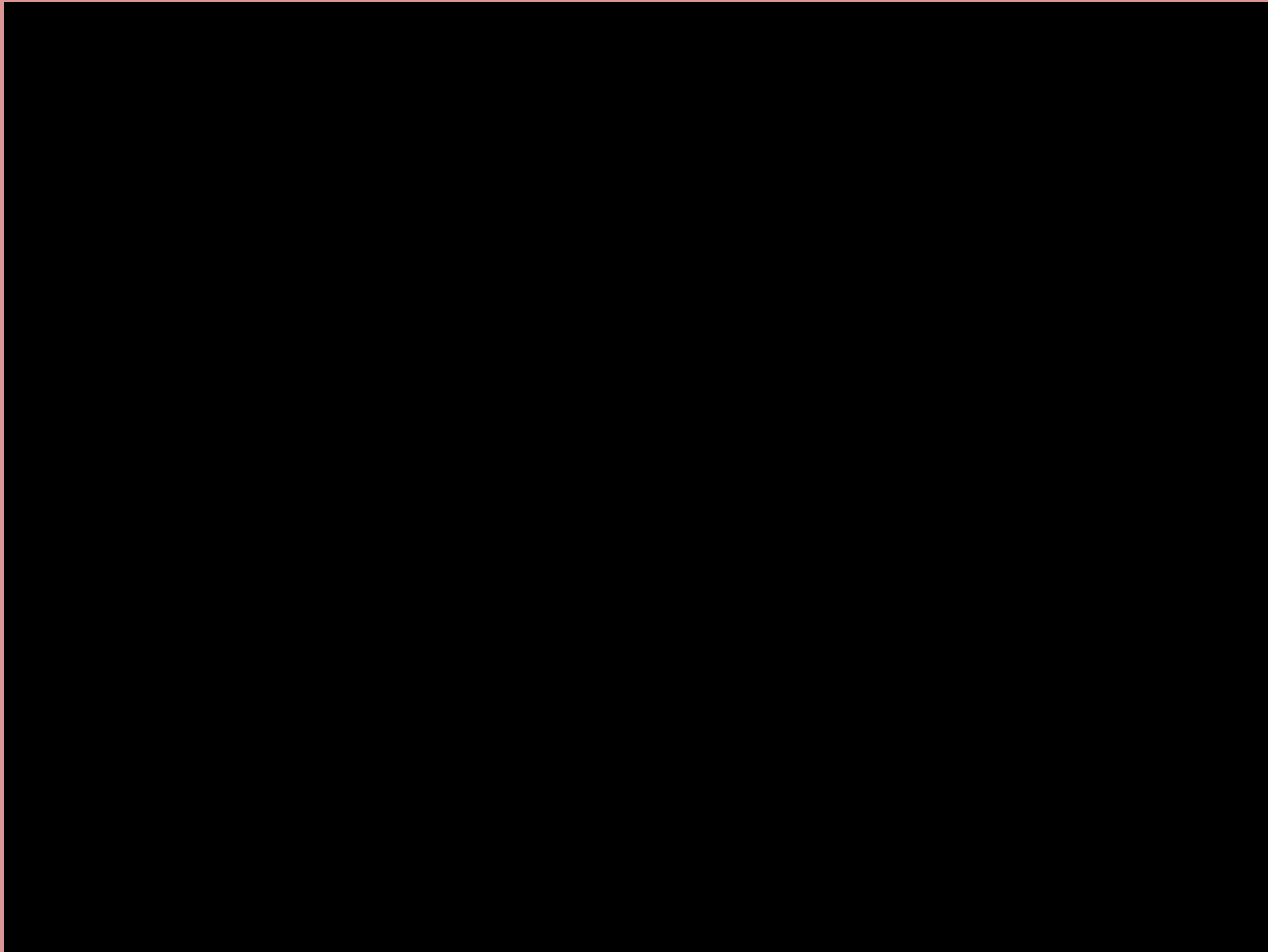
Last session we focused on the conditions under which you revise most effectively and listed the resources you will need. In this session, you will have the opportunity to start planning your revision in more detail

Let's say that your first exam is around 15th May:

- How many weeks is that?
- How many week days are there for revision?
- How many weekends are there?
- If you revised for one hour a week (per subject) how many hours would that be?
- Would that be enough for you to feel prepared for the exams?
- How many hours a week do you think you should set aside for revision?
- How many hours do you think you should put aside for relaxation?

Coping with failure

Objective: Discuss how failure is a vital part of successful learning



Coping with change

Objective: Consider ways of positively dealing with change



As you go through life there will be many changes to deal with and you won't always find these changes straight forward. Whether we like it or not, dealing with change positively is an important step in being successful. So what can we do to help ourselves adopt a positive mindset when dealing with change?

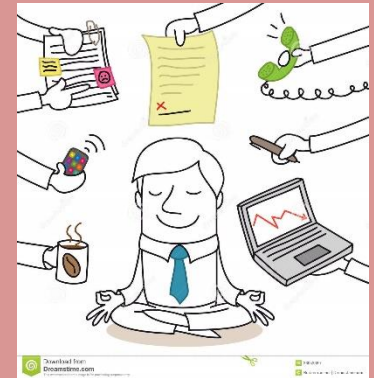
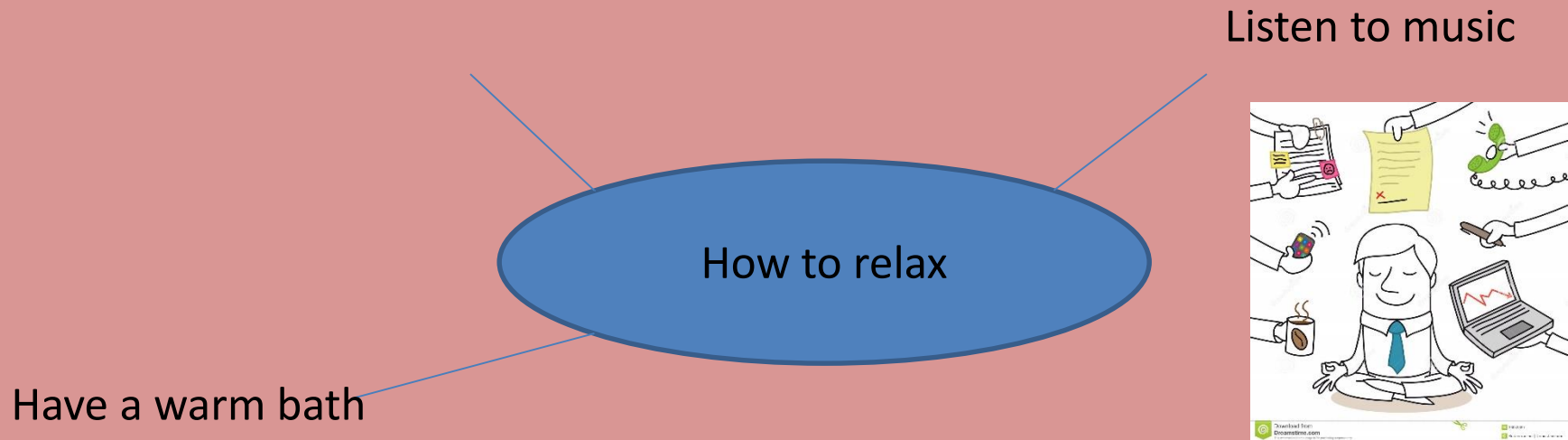
In pairs/small groups, consider the following life changes. For each of them, write a list of things that would concern/upset you about that change. After 5 minutes, turn each negative response into a positive. How could that particular change have a positive impact on you and your future?

- Moving to a new area
- A close friend moving to a new school
- Going onto 6th form/college
- Having to change diet due to a medical condition

Calming down and self-soothing

Objective: Learn ways to relax and stay calm

Work in pairs or groups of 3. On a sheet of A3 paper, draw a spider diagram of as many ways as you can think of to relax, e.g.



Under each heading, write as many extra details as you can, for example what music do you listen to? You could list the bands/songs that help you relax the most. How can you make time in a bath more relaxing? Bubble bath, candles?

This week, the next time you feel tired or under pressure, make an effort to try one of these techniques to help you relax.

My future self!

Objective: Think about future goals



One way of motivating ourselves to work hard and persevere is to reflect on who we would like to be in the future. Who would you like to be? What do you want to be doing, thinking and feeling in ten years time? In your booklet either:

- Write a list under the headings 'Doing?', 'Thinking?' and 'Feeling?'
- Draw and label a picture of your future self
- Create a small mind map or spider diagram about your future self

Discuss with a partner what you think you need to do between now and ten years time to become that future self.

Knowing yourself

Objective: Encouraging you to take responsibility for yourself



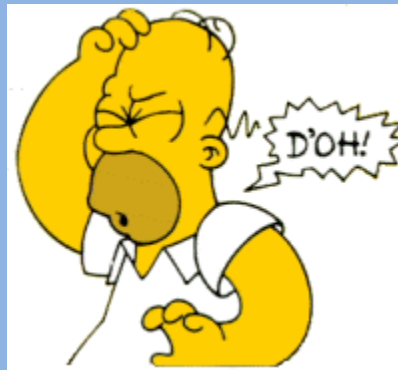
- Answer the questions in your work book
- Pick one thing you are not so good at and would like to improve.
- How would you feel better if you could improve and take better responsibility for this issue?
- How would it make your life better? How would relationships with people in your life improve?
- Choose one thing you would like to change and make a pledge that you will try to change that one thing in the next week.
- What help will you need? Which key people do you need to inform to say that you are trying to achieve this pledge and in what ways would you like them to encourage you to complete it?

Self belief

Objective: Understand that everybody suffers self-doubt and that you can overcome it

Research celebrities who are high achievers in their field and read accounts of how they've achieved their success.

- Did they fail before they achieved their success?
- How did they cope with failure and bounce back?
- What do you think you could learn from their attitude to learning from mistakes?



Life beyond GCSEs beckons...

Objective: Reflect on the year and plan ahead



As the year comes to a close it is time to reflect on how we have learnt and how we would like to learn next year. In your booklets, answer the following:

1. Have you made any concrete changes to your learning habits this year?
2. Have those changes been successful? If so, how? If not, why not?
3. Write down one key goal that you would like to achieve by the end of next year.
4. How are you going to ensure you achieve your goal?

Discuss your answers with the person sitting next to you. Can you offer any advice as to how they can achieve their goal?