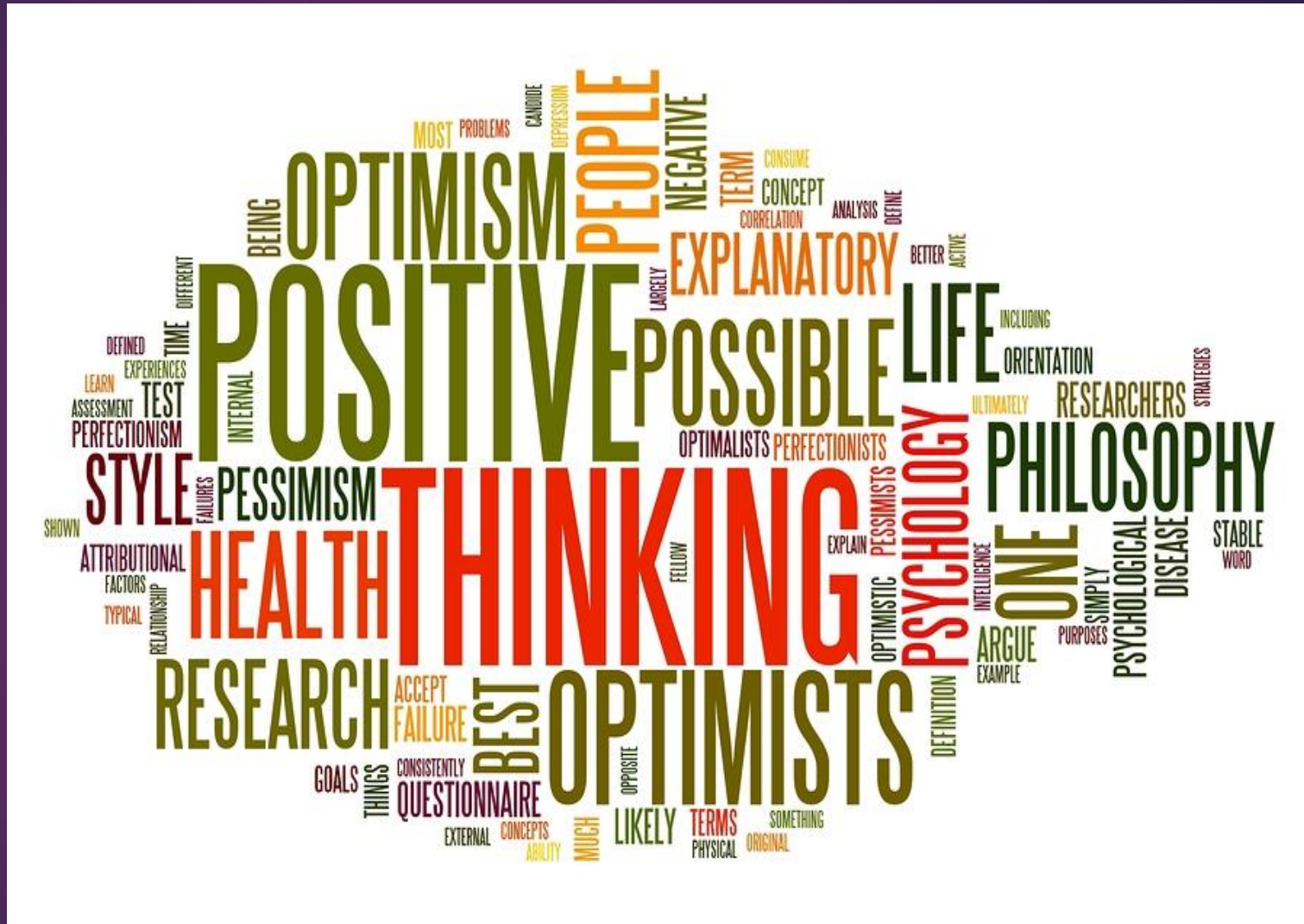


POSITIVE EDUCATION  
LESSONS – S1

TERM 1

WEEK 5



# Term 1 Wellbeing: Resilience and Personal Best

- ▶ WALT: understand how to demonstrate resilience and our personal best at school
- ▶ WILF: - to be resilient during difficult situations  
- to do our personal best



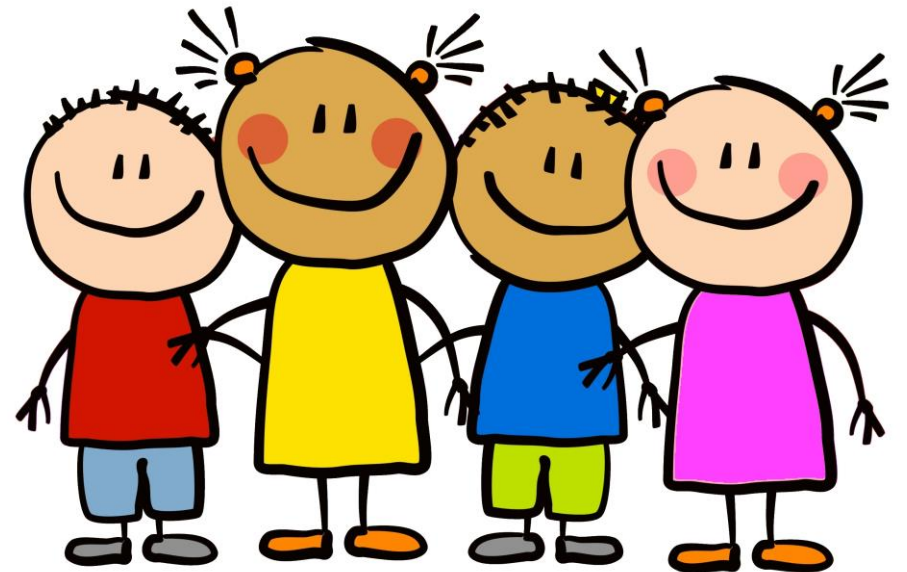
Resilience and Personal Best are two  
of our school expectations

RESILIENCE

PERSONAL BEST

# What does resilience mean?

- ▶ What resilience looks like
- ▶ Think-pair-share: How did Hunter show resilience? Has there ever been a time when you had to show resilience?



# What does Personal Best mean?

- ▶ THINK.PAIR.SHARE – what does personal best mean?
- ▶ Think of a time when you have tried your personal best.
- ▶ Is there something at school that you would like to work on to show that you are trying your personal best?



# Scenarios

Kelly is worried about being in a new class at school. She is worried about who her teacher will be and whether she will have friends in her class.

How can Kelly show resilience in this situation?

# Scenarios

Anthony is learning a new addition strategy. He only got one correct out of the ten questions but he was nearly right on six more.

How is Anthony showing his personal best?

# Show resilience and your personal best

- ▶ Think-pair-share
  - How will you be resilience in difficult situations?
  - How can you show your personal best at school?
- Draw a picture of yourself being resilient and showing your personal best

