

GROW



Dealing with disappointment



Teacher Guide

Introduction

This is the final workshop in **Grow**, a series of 3 workshops designed for KS2 children to grow their resilience. This session focuses on strategies for dealing with disappointment, and finishes with recap of all three sessions.

This video is 20 minutes long, with opportunities to pause the video and complete activities. Activities are designed to be done in small groups of 4-6 students. Due to current circumstances, we understand that this may not be possible so have offered alternative suggestions throughout. In preparation for this session, please print for each student the challenge sheet (page 7) and a double-sided booklet (pages 5 and 6).

Link to the workshop video: <https://youtu.be/gjWHNVU3lSk>

Activity 1: Challenges

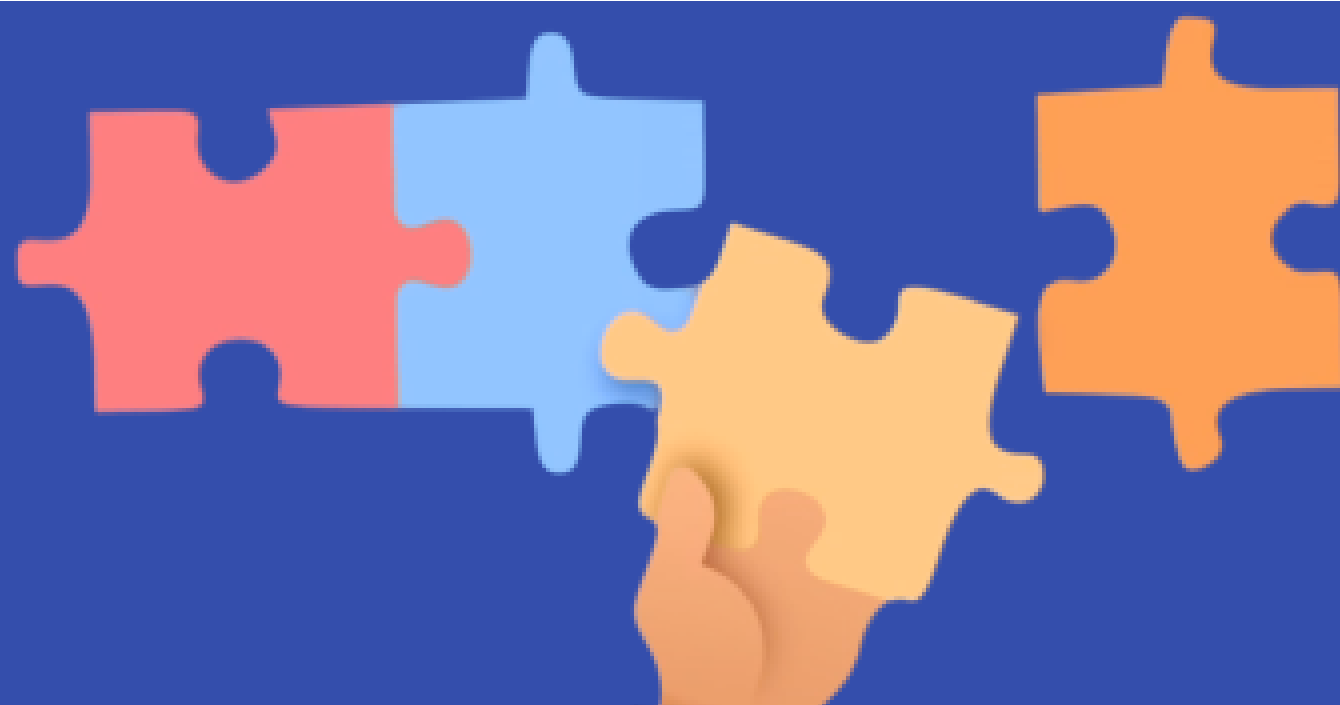
Pause the video on the challenges screen and give children about 5 minutes (or however long you think is appropriate) to complete the worksheet. It doesn't matter if they don't complete all of them but really encourage them to try their best and not to give up until they run out of time.

The idea of this activity is that challenge one is extremely easy while the others require a bit more effort and thinking, to make that when we achieve things that are easy it doesn't give us anything to feel proud of. When we have worked hard and had to try a few times, we feel a bigger sense of achievement when we finally complete the challenge.

When prompted by the video, pause the video so children can write their H and their P next to corresponding challenges

The 4 P's

When the screen appears with the 4 P's, pause the video and give children the opportunity to write them down on the first page of their booklet. Play the video and encourage children to join in with doing the actions for each word to help them remember them!



Activity 2: Affirmation Activity

This activity may have to be adapted to comply with social distancing measures.

Have each child write their name in the middle of their booklet, and then pass the booklet to the person next to them to write a positive encouragement. Ideally, each booklet would be passed around the whole class. However, if this is not possible, it can be done in small groups or written on sticky notes.

While children are doing this activity, have the video paused on the examples screen, which contains lots of positive words that they can use. It might be worth reminding them how important it is that they write positive and encouraging words only.

At the end, have everyone's booklets passed back to them. Give them a minute to read the encouragement, and then a few people might want to share some words that are written in their book, or how reading the words has made them feel.

Activity 3: Perspective

For each of the 6 images, pause the video and have a few children put their hand up to guess what the image might be. Alternatively, they could discuss with the person they are sitting next to.

The answers will be shown after all 6 images have come up.

Summary Activity

This session ends with a recap of all three sessions. If you have time, it might be helpful to pause the video and discuss what children can remember or find helpful from the previous sessions. In the first session children were in groups and looked at lots of strategies they could use to manage their anger, anxiety and sadness, and in the second session we discussed ways of managing change.

After watching the scales animation, children can fill in the scales in their booklet. On the right, have them write a situation that they might find hard to manage, and on the left they can write a few of the strategies that they would find helpful to manage that situation.





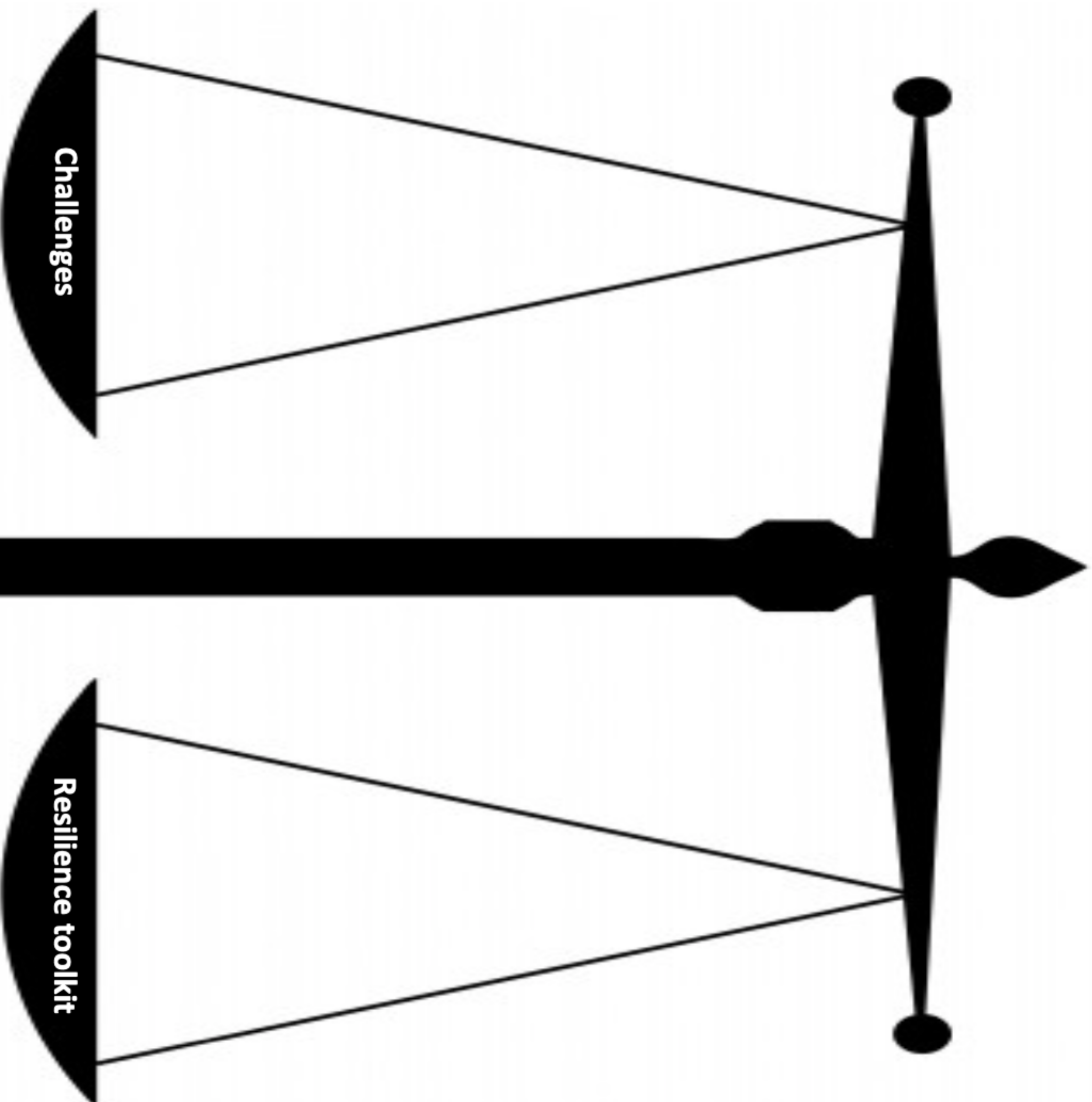
**We hope that you enjoyed this workshop,
and found it useful and accessible. We look
forward to seeing you soon!!**

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RESILIENCE TOOLKIT:

Resilience doesn't take challenging situations away but helps us to cope and feel more balanced.



GROW: DEALING WITH DISAPPOINTMENT

NAME _____

4 P'S

- 1.**
- 2.**
- 3.**
- 4.**

We all make mistakes and get things wrong. It can feel horrible, but don't let it make you forget all the great things about you!

Write your name in the box, and then pass your booklet around your table. Each person should write something positive and encouraging from the board about you in the box! You could even add some about yourself if you can think of any?

AMAZING THINGS ABOUT:

CHALLENGES

Activity 1: Fill the gaps

Fill in the missing numbers:

1, 2, 3, __, 5, 6, __, 8, __, 10

Fill in the missing letters:

a, __, c, d, __, f, g, __

Activity 2: Animal activity

The dinosaur is next to the monkey.

The giraffe is NOT next to the dinosaur.

The monkey is between the dinosaur and the tiger.

The giraffe is on the left.

Draw the dinosaur in the correct box.

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Activity 3: Code breaker activity

$4 + 4 =$		A	$3 + 6 =$		S	$5 \times 5 =$		C
$15 - 4 =$		W	$12 - 0 =$		I	$2 - 2 =$		P
$3 \times 6 =$		K	$1/3$ of 9 =		F	$1/2$ of 8		E
$20 + 2 =$		R	$5 + 9 =$		T	$1 \times 10 =$		L
$7 \times 4 =$		M	$6 - 5 =$		O	$4 + 0 =$		Y

Why is the student eating his homework?

12 14 9 8 0 12 4 25 4 1 3 25 8 18 4