



Health &
Wellbeing

LKS2
Relationships

Living in the
Wider World

Unit 3: Bullying Lesson 3: Persistence and Resilience

Learning Objectives

- Understand the terms 'resilience' and 'persistence' and why these character traits are important
- Cil3 Reflect on how people can take actions, make a positive contribution and have a say in what happens, both locally and nationally
- HW18 Work and play independently and in groups, showing sensitivity to others
- HW28 Respond to challenges, including recognising, taking and managing risk
- PW29 Face new challenges positively and know when to seek help

Introduction

- Give pupils a spoon and ask him or her to try and balance it on their nose. Give them three minutes to try this.
- Did any pupils not manage to achieve the goal of balancing the spoon?
 - Who managed it quite quickly?
 - Who took nearly all the time before they were successful?
 - Did anyone give up? Why?
- Explain the meaning of the word 'persistence' (continuing in an opinion or course of action in spite of difficulty or opposition).
- Not letting failure overcome you and the capacity to recover quickly from difficulties is known as resilience.
- Can they think of other times when they have shown persistence?

Resources

Class set of spoons (metal or plastic)
Robert the Bruce PowerPoint

Main Activity

- Share the story of Robert the Bruce and the spider, using the PowerPoint.
- Discuss the theme of the story and how the spider never gave up and tried and tried to achieve his goal, demonstrating resilience and persistence.
- In groups, ask the pupils to collaborate on and write down ideas for a story where persistence pays off.

Plenary

- Explain that the story is positive and shows persistence and resilience, which are character traits that we can all develop.
- Bullying is a negative form of persistence.

Assessment

- What do the words persistence and resilience mean? Why are these positive traits?
- How is bullying a negative form of persistence?

Don't Give Up