

# Resilience Rally

Grade Three & Four



The aim of Resilience Rally is to help participants reflect on past challenges, celebrate their personal triumphs, and draw strength from shared experiences. This activity emphasises the importance of resilience and encourages mutual support, empathy, and problem-solving among participants.



## Learning Intentions

### **I can recognise and reflect on past challenges:**

This allows participants to build self-awareness by considering moments when they faced adversity and how they overcame it.

### **I can share my experiences and offer support to others:**

This helps develop communication skills by encouraging participants to share personal stories and give advice or encouragement to others.

### **I can celebrate personal growth and resilience:**

Students will reflect on how challenges have shaped them and recognise the positive changes that adversity can bring.

### **I can provide and receive affirmations of resilience:**

This encourages a positive, supportive environment where participants celebrate each other's strength and resilience.



## Success Criteria

### **I can share a past challenge and explain how I overcame it:**

Participants demonstrate their ability to reflect on personal experiences and articulate their resilience.

### **I can offer meaningful support and encouragement to others:**

Players will show empathy by listening actively and providing thoughtful advice or encouragement to peers.

### **I can reflect on personal growth and share a silver lining from a challenge:**

Students will identify moments of growth in themselves and share how they turned adversity into a positive outcome.

### **I can participate in an affirmation chain and express positivity towards others:**

Participants will contribute to the affirmation chain by offering genuine, positive statements to their peers.



# Resilience Rally

Grade Three & Four



## Objective:

The aim of Resilience Rally is to help participants reflect on past challenges, celebrate their personal triumphs, and draw strength from shared experiences. This activity emphasises the importance of resilience and encourages mutual support, empathy, and problem-solving among participants.

## Players:

- Ideal for small to medium-sized groups (4-25 participants).

## Materials Needed:

- Small pieces of paper or index cards
- Pens or markers
- A container or bowl for the papers
- A soft ball or beanbag (optional for one of the rounds)

## Setup:

1. Distribute the small pieces of paper or index cards to all participants.
2. Ask each participant to anonymously write down a challenge they have faced in the past (it can be a personal, academic, or social challenge). The challenge can be big or small.
3. Fold the papers and place them in a container or bowl.

## Gameplay:

### 1. Challenge Round:

- One participant draws a paper from the container (ensuring they don't pick their own challenge).
- The player reads the challenge aloud to the group and then shares how they might cope or overcome such a situation. This promotes problem-solving and empathy.
- The person who wrote the challenge then shares how they actually dealt with it, providing a real-life resilience story for the group (encourage this but also make it optional, not every student may want to own up to their challenge and that is ok).

### 2. Support Circle (using the ball/beanbag):

- Participants form a circle.
- One person shares a current challenge or worry they're facing.
- After sharing, they toss a ball (or beanbag) to another participant, who offers a word of encouragement, a piece of advice, or shares a similar experience.
- The process continues around the circle, with each participant offering support to others.
- The cycle repeats with different participants sharing their challenges and offering support.



# Resilience Rally

Grade Three & Four



### 3. Growth Reflection:

- Participants reflect on their personal growth or silver linings they have discovered from past challenges.
- They discuss these reflections in pairs or small groups.
- Afterward, the reflections can be shared with the larger group, emphasising how challenges often lead to personal development and strength.

### 4. Affirmation Chain:

- Participants stand in a circle.
- One person turns to the person on their right and offers an affirmation related to resilience.
  - Example: "Even when things were tough, I noticed how you stayed positive and kept going."
- The receiver of the affirmation then turns to their right and offers another affirmation to the next person, continuing the chain.
- This continues around the circle, with each participant receiving and giving an affirmation.

### Variations:

#### 1. Resilience Toolkit Round:

- In this variation, participants brainstorm tools, strategies, or activities that help them bounce back from setbacks.
- Examples might include journaling, talking to a friend, meditation, or physical activities like walking or running.
- This round encourages practical strategies for building resilience.

#### 2. Storybook/Creative Edition:

- For younger participants, you could use storybooks, fables, or fictional characters that exhibit resilience to spark conversation.
- Participants can then reflect on the lessons learned from these stories.

#### 3. Team Edition:

- In larger groups or teams, the game can be adapted to encourage team strategies for resilience.
- Teams can work together to solve challenges or provide support to each other, fostering collective growth and encouragement.



# Resilience Rally

Grade Three & Four



## Additional Notes:

- Resilience Rally is designed to create a supportive and empathetic environment where participants can feel safe sharing their experiences.
- It helps participants recognise that they are not alone in their struggles and that adversity is a part of life that can be overcome with the right mindset and support.
- The game can be adapted to suit different age groups, settings, and objectives (e.g., personal development, team-building, emotional well-being).
- The activity helps participants reflect on their resilience while celebrating their strengths and encouraging others to do the same.

