

# Resilience Rock Toss

# GIVING

To help students practice resilience and self-reflection by sharing positive lessons learned from overcoming challenges. This activity encourages students to recognise their strengths, share their growth, and learn to keep going despite setbacks.



## Learning Intentions

I can build resilience by reflecting on times when I didn't give up and by sharing positive lessons I've learned.



This encourages students to recognise their own resilience and appreciate their ability to overcome challenges.

I can practice self-reflection by considering how I can keep trying, even when things seem hard.

This activity supports students in thinking positively about their personal growth and development.



## Success Criteria

I can share a positive lesson I've learned after tossing the rock.

This helps ensure students are reflecting on and expressing their resilience.

I can use words like "I kept trying" or "I didn't give up" to describe challenges I've overcome.



This allows students to articulate their experiences and focus on the positives in difficult situations.

I can participate in the game with confidence, showing that I am proud of my resilience.

This encourages students to celebrate their persistence and feel empowered.



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**Objective:** To help students practice resilience and self-reflection by sharing positive lessons learned from overcoming challenges. This activity encourages students to recognise their strengths, share their growth, and learn to keep going despite setbacks.

**Players:** Ideal for 4-20 students.

**Materials:**

- Soft, lightweight rocks or beanbags.
- A bucket or container for tossing the rocks into.

**Time Required:** 15-20 minutes.

**Setup:** Arrange the children in a circle with a bucket or container in the centre. Place a few soft rocks or beanbags nearby. Ensure there is enough space for the children to toss the rocks safely.

**Gameplay:**

**Introduce the Activity:** Explain to the students that the goal of the game is to practise resilience. Every time they toss a rock into the bucket, they will share something positive they have learned, like "I didn't give up when I fell down" or "I tried my best." Encourage students to think about times they have faced challenges and how they overcame them.

**Toss and Share:** Each student takes a turn tossing a rock into the bucket. After they toss it, they share something positive they've learned from a past experience where they kept going, even when things were tough. For example, they might say, "When I was learning to ride my bike, I didn't give up even when I fell."

**Reflect on Resilience:** After each round, ask the group: "How did it feel to keep trying?" or "Why is it important to keep going, even when things are hard?" This reflection helps students think about how they show resilience in their own lives.

**Encourage Positive Sharing:** Praise each student for sharing their resilience story and reinforce the idea that everyone faces challenges but can overcome them with effort and persistence. Highlight the power of self-reflection in learning from past experiences.



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**Winning the Game:** There is no winner in this activity. The goal is for all students to reflect on their resilience and share their positive learning experiences. Success is measured by participation, self-reflection, and the positive impact of sharing resilience stories.

**Family or Classroom Variation:** At home or in the classroom, this activity can be extended by creating a "Resilience Wall," where students write or draw about their resilient moments on a large sheet of paper or board. This can be revisited over time as a reminder of their ability to overcome challenges.

**Additional Notes:** "Resilience Rock Toss" is a great way for students to practice reflecting on their personal growth and to develop a positive mindset. It encourages them to recognise their achievements and keep pushing forward in the face of challenges. The game can be repeated during moments of struggle to remind students of their resilience.