

# Resilience Role Models

# GRATITUDE

To help students understand the concept of resilience by learning from role models who demonstrate this quality and reflecting on their own personal role models.



## Learning Intentions

**I can understand what resilience is and how it helps people overcome challenges:**

This encourages students to recognise resilience as an important quality that helps people bounce back from setbacks.

**I can identify examples of resilience in famous people, characters, and my own life:**

This helps students relate to real-world examples of resilience, both from history and personal experience.

**I can reflect on and draw inspiration from role models who demonstrate resilience:**

This allows students to think about how they can apply resilience in their own lives and challenges.



## Success Criteria

**Explaining Resilience:**

Students can explain what resilience is and why it is important, ensuring they understand the concept of resilience and its role in overcoming difficulties.

**Identifying a Role Model of Resilience:**

Students can identify a role model who has shown resilience and explain why they are an example of resilience, learning from others' experiences and understanding how resilience helps people achieve success.

**Creating a Personal Reflection on Resilience:**

Students can create a drawing or write about their own personal role model who demonstrates resilience, promoting personal reflection and allowing students to express who inspires them and how they exhibit resilience.



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**Objective:** To help students understand the concept of resilience by learning from role models who demonstrate this quality and reflecting on their own personal role models.

**Players:** Ideal for small to medium-sized groups (5-20 students).

**Materials:**

- Paper and pencils/crayons/markers.
- Pictures or short stories about famous resilient figures (optional).

**Time Required:** 15-20 minutes

**Setup:** Provide each student with paper and markers or crayons for drawing. If possible, prepare short stories or images of famous resilient people, such as athletes, leaders, or historical figures, to inspire the students.

**Gameplay:**

1. **Introduce Resilience:** Start by explaining what resilience is: the ability to bounce back from challenges, failures, or tough situations. Discuss how people who are resilient don't give up and keep trying even when things are difficult.
2. **Discuss Famous Role Models:** Talk about famous figures or characters known for their resilience. Examples could include athletes who overcame injuries, historical figures who persevered through difficult times, or fictional characters who demonstrated strength and determination (e.g., Ash Barty, Michael Jordan, Harry Potter). Discuss the challenges they faced and how they showed resilience.
3. **Identify Personal Role Models:** Ask students to think about people in their own lives or characters they admire who show resilience. This could be a family member, a teacher, or a favourite character in a book or movie.
4. **Create the Drawing or Write-Up:** Have students draw or write about their own personal role model who demonstrates resilience. They should explain why this person or character is an example of resilience and describe the challenges they faced and how they overcame them. When drawing they can highlight the person's strengths through creative superpowers if they like.
5. **Share with the Group:** After students finish their drawings or writings, invite them to share their role models with the group. This encourages students to reflect on the concept of resilience and learn from each other's examples.

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**Winning the Game:** There is no winner in this activity. The goal is to understand and appreciate resilience through reflection and learning from others. The real success comes from the students' personal connection to the concept of resilience.

**Additional Notes:** The Resilience Role Models activity is a powerful way to introduce young students to the concept of resilience. By reflecting on the examples of others and thinking about their own role models, students will be able to internalise this important life skill and be inspired to demonstrate resilience in their own lives.