

KS2 Home Learning Resilience Challenge

We want you to **take this resilience challenge** and design a poster or a leaflet to share your tips and ideas for boosting happiness and resilience.

Use the information on this sheet and maybe do some research of your own to put together a useful set of hints and tips to get people to focus on positive emotional health and well-being. We will be asking governors to judge the entries and there will be a prize for the most creative and informative entries. The closing date is Monday 10th February which is the start of Feeling Good Week. Some of the best entries will be scanned and uploaded onto the school website.

Happiness and resilience go hand in hand. We want you to **explore happiness and share your ideas for boosting resilience.**

The good news is that scientists have been working on this topic and they have discovered many different ways to lead a happy life!

In a recent pupil survey 100% of the pupils questioned at Grove said that they are excited about the future. They also said that they know that if one attempt at something fails, they learn from that and try a new approach.

“When you don’t give up...you cannot fail”

We want you to share these excellent skills of resilience with others.

Think for a minute... What are all the things that make you feel happy? There are no wrong answers. What are your top three?

Scientists have shown that happiness can do us all good. People who feel happy are less likely to catch a cold, they are more likely to help others, more likely to do better at school and make friends.

In an experiment people were asked to do five new acts of kindness in one day (things they didn’t already do). They felt happier for up to six weeks afterwards.

Can you think of some acts of kindness?

Being kind boosts happiness and resilience for everyone in the school community. It creates a friendly and caring community.

How many ideas can you think of that might inspire others to be kind to each other?

HAPPY FACT

Scientists have found that we are 30 times more likely to laugh when we are with others than when we are on our own.

That’s not surprising but it reinforces that making connections with others and looking after your friendships will make you feel happier and boost your resilience.

Watch the film of Derek Redmond and be inspired by his resilience and determination.

What inspires you to be resilient?

<https://www.youtube.com/watch?v=NSL0BjWUR8&list=RDA9GWWhSndmf0&index=2>

Taking care of your body and staying healthy is also important for a happy mind.

Scientists have found that exercising regularly can improve brain power and help us learn. It can boost our confidence too.

Can you think of any tips or ideas for staying healthy?

Scientists have found that our mind wanders at least 50% of the time and that we feel less happy when our mind is wandering than when we are focused on the present.

Can you suggest ways to develop mindfulness and focus?

This activity will count as one of your Home Learning activities for this half term.