

Year 6 Assembly

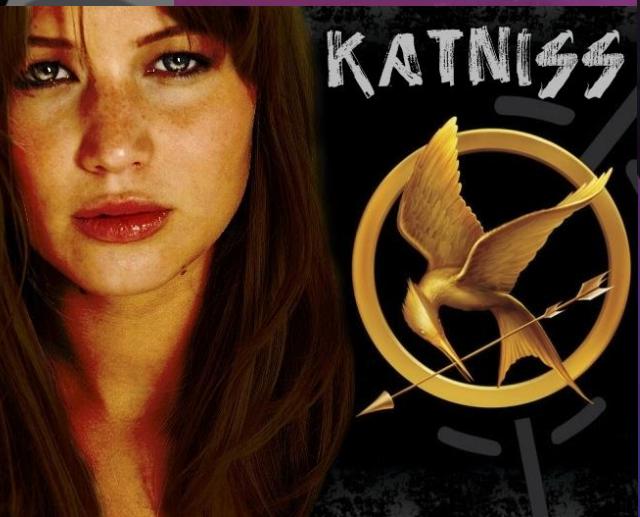
RESILIENCE

What does this word
mean?



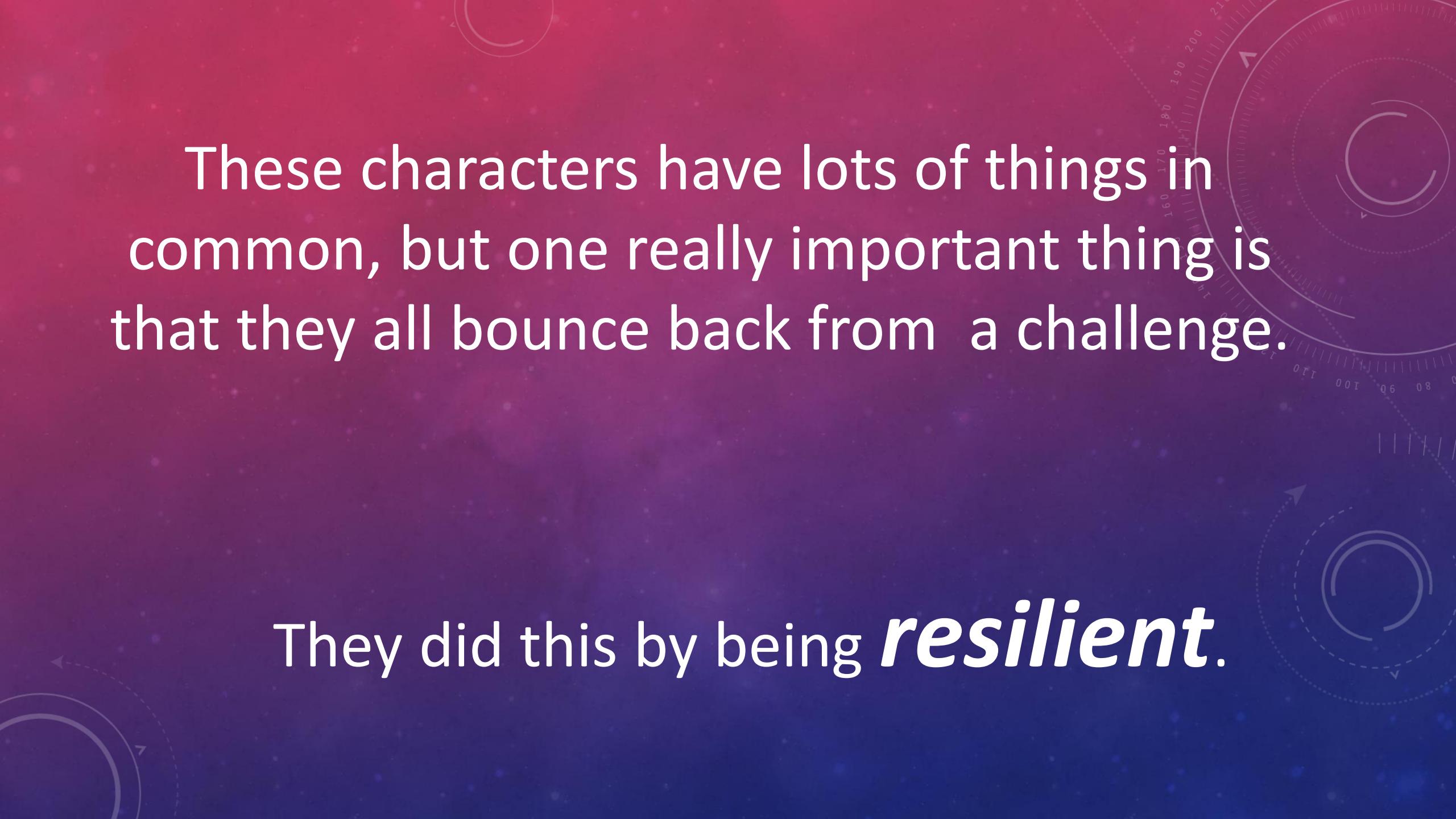
Have a think about what these famous characters have in common.

Luke Skywalker



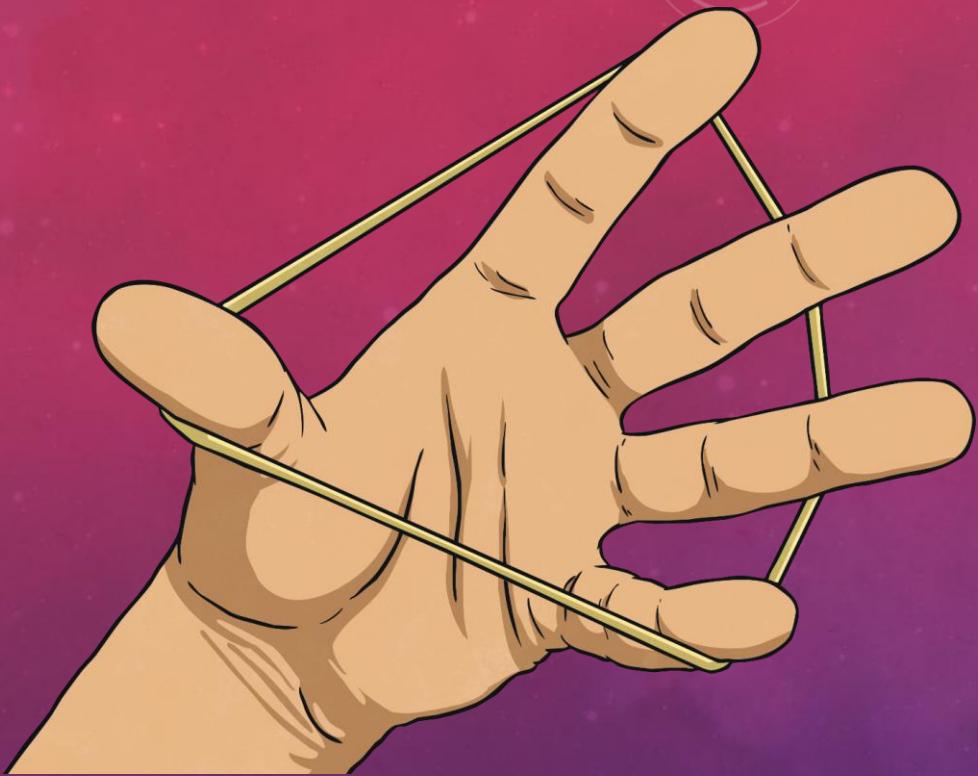
HARRY
POTTER





These characters have lots of things in common, but one really important thing is that they all bounce back from a challenge.

They did this by being *resilient*.



Can you change the shape
of a rubber band forever?

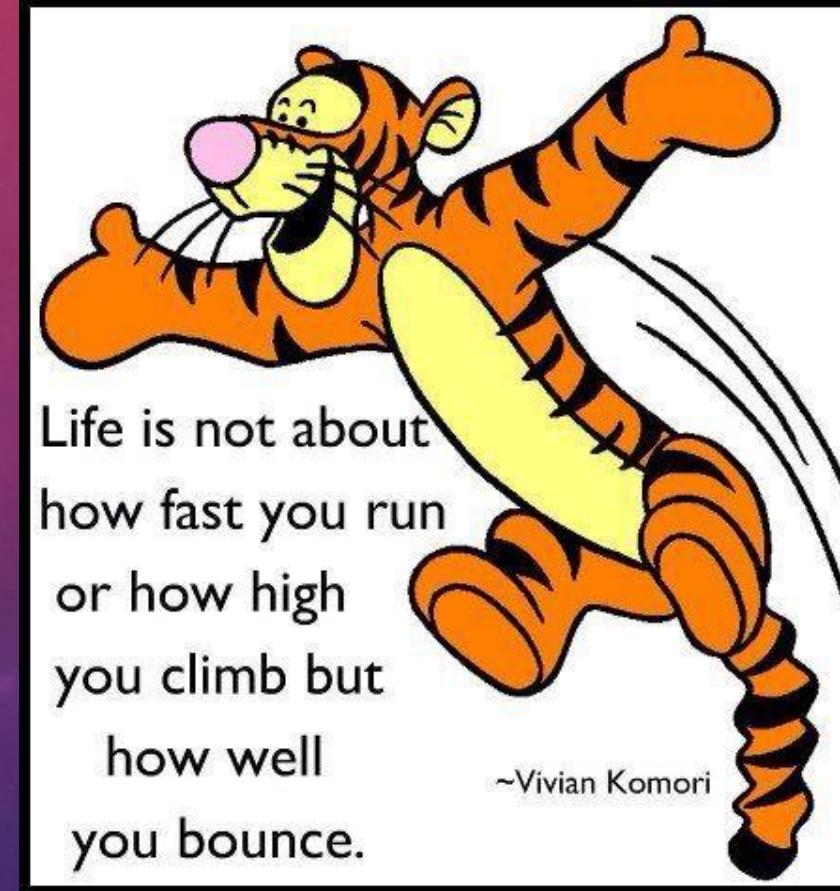
Some materials are able to bounce back after
they have been bent or stretched.

People who can bounce back when things have
happened to them are known as...

resilient

RESILIENCE

If you can bounce back quickly from difficulties and tough situations then you are *resilient*.



When do we need to be resilient?

I have used resilience in my home learning when there have been challenges. I have had help from my family, my teacher and the help of my laptop. I have also been able to find out information using the internet.

Zahra 6T

I need resilience when I feel like giving up.

Sofia 6B

I have had to be resilient whilst home learning because when I found a sum hard, I kept trying and trying and eventually, I got the answer.

Berkay 6T

I show resilience by helping my sister with her home learning and not giving up. **Jiyan 6T**

I was resilient when I couldn't do my backflip on the trampoline then I kept on trying and trying. Finally, I got it. **Tayana 6T**

A time that I have been resilient is when I didn't understand Maths. Dimple and I worked together to get the answer. **Pearl 6T**

A time when I had to be resilient was when I had to learn how to use new software such as Acrobat, Microsoft Word. I had to learn how to edit pictures and research on the internet in order to help with the presentation of my work. **Jamie 6T**

I will need to be resilient when I go to secondary school because it will be a new world that I am not used to.

Jayden 6B

I used resilience in my learning when there was an N-Rich question. At first, I found it hard, but I was resilient and didn't give up. In the end, I found the answer.

Raed 6T

These children have shown resilience when ...



A time when I had to be resilient was when me and my football team were losing in the semi-finals to Chars. We didn't give up and kept going. We ended up winning on penalties.

Austin 6L

I found fraction sums difficult , but I kept working at them and asked for support, now I can do them!

Bilal 6L



Some animals are resilient.

Who is this? Of course, it is Resilience Mouse! At Prince of Wales, all the classes have Resilience Mouse to help us to bounce back when things get tough.



Do you know what kind of bird this is?
It is a swallow. Do you know what is
special about a swallow?



THE SWALLOW'S STORY



Savannah the swallow had spent the winter months in Africa, roosting in a forest of elephant grass. One morning, she woke up and knew that it was time to make the 3,000-mile journey back to Scotland to hatch her young. Her feathers felt restless, and Savannah began to soar and swoop through the skies with her friends.



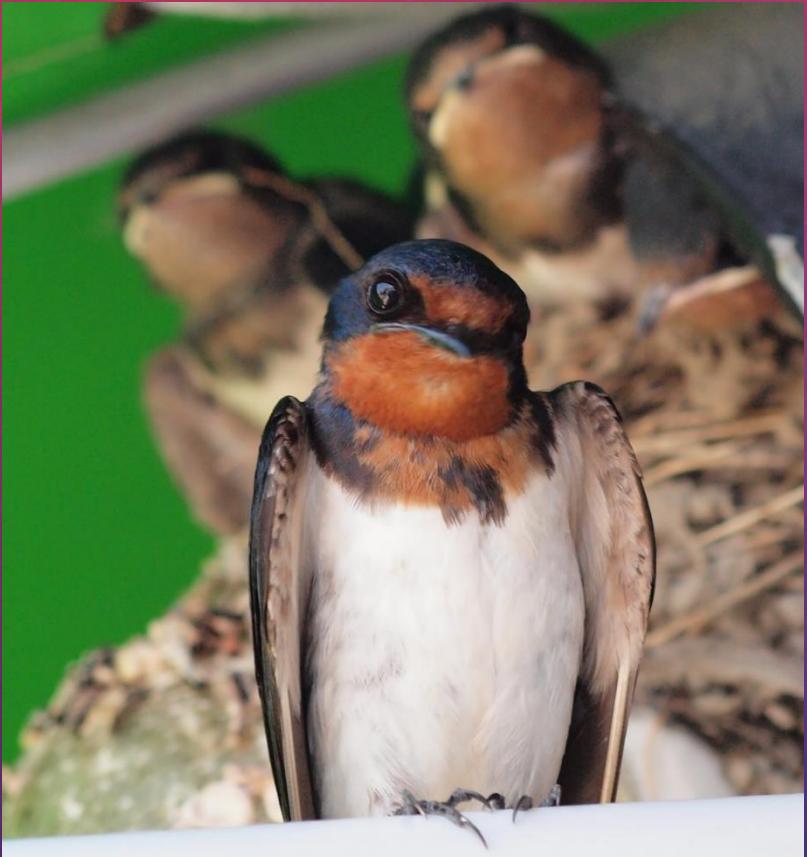
Along with a great flock of swallows, Savannah soared into the sky, ready for the journey over the enormous Sahara desert. Savannah made sure she had eaten as many insects as she could before leaving as there would be no food in the desert. She wondered whether she would make the journey safely, but knew that she would have to try.



Savannah flew as fast as she could, travelling 200 miles a day with her friends over fields and water. Still the journey would take her weeks. She had to believe in herself and keep going, learning new skills such as drinking water whilst flying, without stopping!



Savannah would rest with her friends and feed whenever she could. She sheltered in the reeds from the rains and tropical storms, drying her wings before continuing with the journey. The dense reed bed protected her from predators such as sparrow hawks. Although there were many dangers and Savannah was very tired, her friends made her feel safe and she knew she had to keep going.



Finally, Savannah reached her special spot in Scotland where, nestled under a school roof, she found her nest, safe and sound. Savannah had been using the same nest for ten years and it felt like home. She raised her chicks until it was time to return to Africa, just a few months later.



What can we learn from the
swallow's story?

What challenges did she face?

What helped her to overcome
them?

What can we learn?

Learning can be tough sometimes.

What is tough about learning at home?



The next time you are having a tough time, remember Resilience Mouse and the story of the swallow. Bounce back and try again!



Year 6 children thought about what our top tips for resilience would be.

TOP TIPS for RESILIENCE by Year 6

Laugh about it

Take a break

Work hard

Ask for help

Stay positive – believe in yourself

Accept mistakes – everybody makes them

Try again

Be thankful

Don't make a problem bigger than it really is

Be flexible – be bendy!

Stay calm



Finally, click on this link to enjoy a song about not giving up. It is produced by Sesame Street and Bruno Mars – enjoy! And remember, be resilient!

<https://www.youtube.com/watch?v=pWp6kkz-pnQ&feature=youtu.be>

