

# Resilience Game

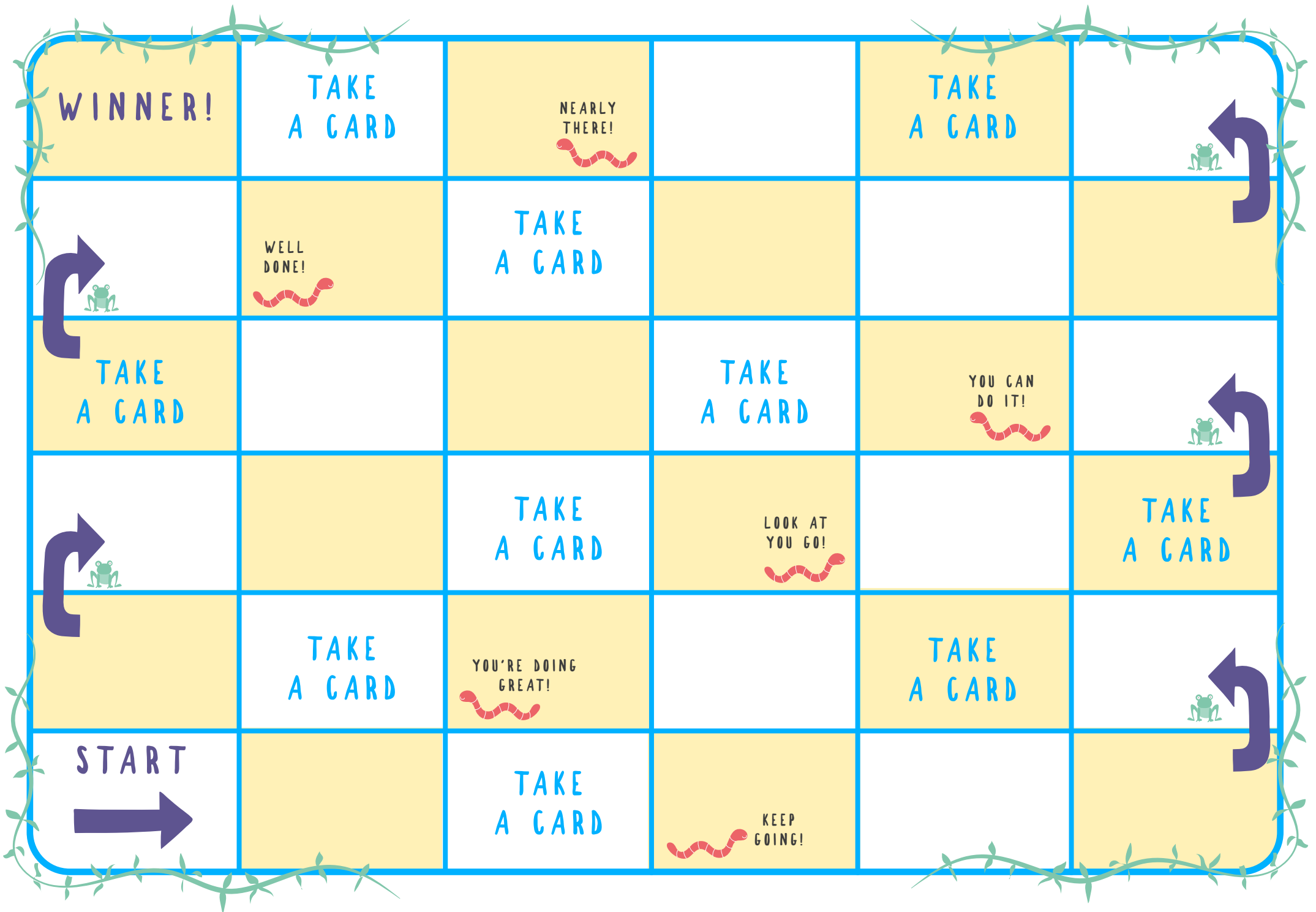
This game explores common scenarios that children may encounter in their day-to-day life at home, or at school.

The game is a simple board game. The children roll the dice and take a card when they land on the appropriate square. The card may give them a direction or an opportunity to make a choice between three options. If they choose the most resilient answer they will move forward two spaces. They will move forward one space for the second most resilient answer, or stay where they are if they choose the least resilient answer. You may need counters and a 1-6 die.

Before starting, discuss the importance of resilience with the children. Resilience is a skill that we can build – it will help us with our mental health, it will help us process emotions, and it will help us make decisions and move forward.

There may be opportunities to stop and discuss the choices children make for the scenarios. If the children choose an answer that shows less resilience, you can discuss why they have chosen that option and why the other options might be better to help them grow more.

Through the game, the children should begin to develop an understanding of resilience in common situations which they can then apply to their own lives. As they progress, they may want to create their own cards for the game.



WINNER!

TAKE  
A CARD

NEARLY  
THERE!  


TAKE  
A CARD



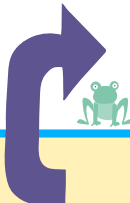
WELL  
DONE!  


TAKE  
A CARD

TAKE  
A CARD

TAKE  
A CARD

YOU CAN  
DO IT!  

TAKE  
A CARD

LOOK AT  
YOU GO!  


TAKE  
A CARD

TAKE  
A CARD

YOU'RE DOING  
GREAT!  


TAKE  
A CARD



START



TAKE  
A CARD

KEEP  
GOING!  


Anya scores a low mark in her times table test. Does she:

(a) Think that she is bad at maths so shouldn't bother

(b) Think that maths can be tough but she will work harder for the next test to get a better score (*move forward 1*)

(c) Ask her teacher to explain where she went wrong and practise at home (*move forward 2*)

Greg is alone in the playground as his best friend is off sick. Does he:

(a) Find an activity he enjoys doing alone (*move forward 1*)

(b) Talk to some different friends and join their game (*move forward 2*)

(c) Do nothing but feel lonely

Theo gets picked last for a game in PE. He is a bit upset but joins in and tries his best anyway.

(*Move forward 2*)

Irfan is losing in a computer game against a friend. Does he:

(a) Give up and only play against people he can beat next time

(b) Have a rematch but ask his friend to share some of their tips for playing better (*move forward 2*)

(c) Play by himself to practise (*move forward 1*)

Katie is in an art lesson and her painting has gone wrong. She asks her teacher if she can have another go and she is happier with the result.

(*Move forward 2*)

Erika loves dancing and joins a new dance club. In the first lesson, she finds it really difficult, but she practises at home and returns every week. In a few weeks, she has made a huge improvement and is really enjoying the club.

(*Move forward 2*)

Joshua is finding his homework difficult. It has some questions he doesn't know the answers to and he wants to give up.

What would be a resilient thing to do here?

*(Group discussion – all move forward one when you come to a good answer)*

Jamal scores 9/10 in a tricky spelling test after practising all week. Great effort!

*(Move forward 2)*

There are interviews for the Green Council but Layla doesn't get chosen. She continues to help out around the school and her teacher notices. Next term she is chosen as the class Green Council representative.

*(Move forward 2)*

Thomas is in swimming club but has not passed the Level 3 badge. He asks his parents to do extra swimming practice with him on Saturdays until he passes the badge.

*(Move forward 2)*

It is the class assembly and Rosa has a leading part. She is feeling nervous. Does she:

(a) Ask the teacher to change her part

(b) Rehearse every day until she knows it inside out  
*(move forward 2)*

(c) Reminds herself not to worry and that it will all be okay on the night  
*(move forward 1)*

Ben has been given a new bike for his birthday. He falls off the bike and feels apprehensive about using it again. Does he:

(a) Put the bike away and forget about it

(b) Get back on the bike somewhere safe and try again until he feels confident  
*(move forward 2)*

(c) Ask for help from someone who can ride a bike  
*(move forward 1)*

Danielle has been put up a level in reading. The next book is really long and is more difficult than usual and she is worried. She decides to practise every day with her big sister and she completes the book in a week.

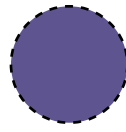
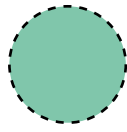
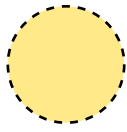
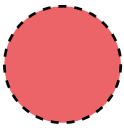
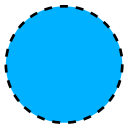
*(Move forward 2)*

Amir scores an own goal at playtime and the team is annoyed at him. Does he:

- (a) Leave the game
- (b) Keep playing and try his best because everyone makes mistakes *(move forward 2)*
- (c) Offer to play in goal instead *(move forward 1)*

**BLANK FOR OWN EXAMPLE**

## Counters



## Die

