

Over the next few weeks we have discovered what our personal thoughts on change are, reflected on some of the personal changes we have faced and compared them to others. We have also learnt that some changes we are in control of and some we aren't.

This weeks learning objective is;

I know how to become resilient when things change that I don't have any control over.

## Activity 1; Lets recap...

Can you remember a change you identified that you had been through from activity 5 last week that you had control over? This was the example.

The change in my life	Did I have control over this?	Did I have NO control over this?	How has this impacted my life?
I decided to break up with my boyfriend	Yes		In a positive way because he was controlling and didn't let me go out with my friends

Now for that change you have remembered, can you then identify a feeling to go with this from the list below;

- Excited
- Proud
- Appreciative
- Honoured
- Joyful
- Delighted
- Enthusiastic
- Passionate
- Elated
- Ecstatic
- Content
- Overjoyed

Are there any of these words you don't know the meaning of? Highlight them in yellow and use this link to find out what they mean;

<https://www.oxfordlearnersdictionaries.com/>

## Activity 1 continued; Lets recap...

Can you remember a change you identified that you had been through from activity 5 last week that you had no control over? This is an example.

The change in my life	Did I have control over this?	Did I have NO control over this?	How has this impacted my life?
My girlfriend broke up with me	No		I find it hard to trust people now because she broke up with me because she had been cheating on me with my best friend.

Now for that change you have remembered, can you then identify a feeling to go with this from the list below;

- Anxious
- Nervous
- Scared
- Afraid
- Terrified
- Apprehensive
- Restless
- Irate
- Resentful
- Grieved
- Enraged
- Sorrowful

Are there any of these words you don't know the meaning of? Highlight them in yellow and use this link to find out what they mean;

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# Great work!

You have recalled changes you both can and cant control... but what do you do when something unexpected happens that makes you feel upset, angry, nervous, anxious, scared or afraid?



The key is to become a resilient person. To be resilient means to be able to keep trying, even when things are touch. It means to never give up.



Keys come in all different shapes and sizes, that will unlock doors to all different places and destinations.

If you are able to control and learn resilience skills you could unlock the door to any change you like.

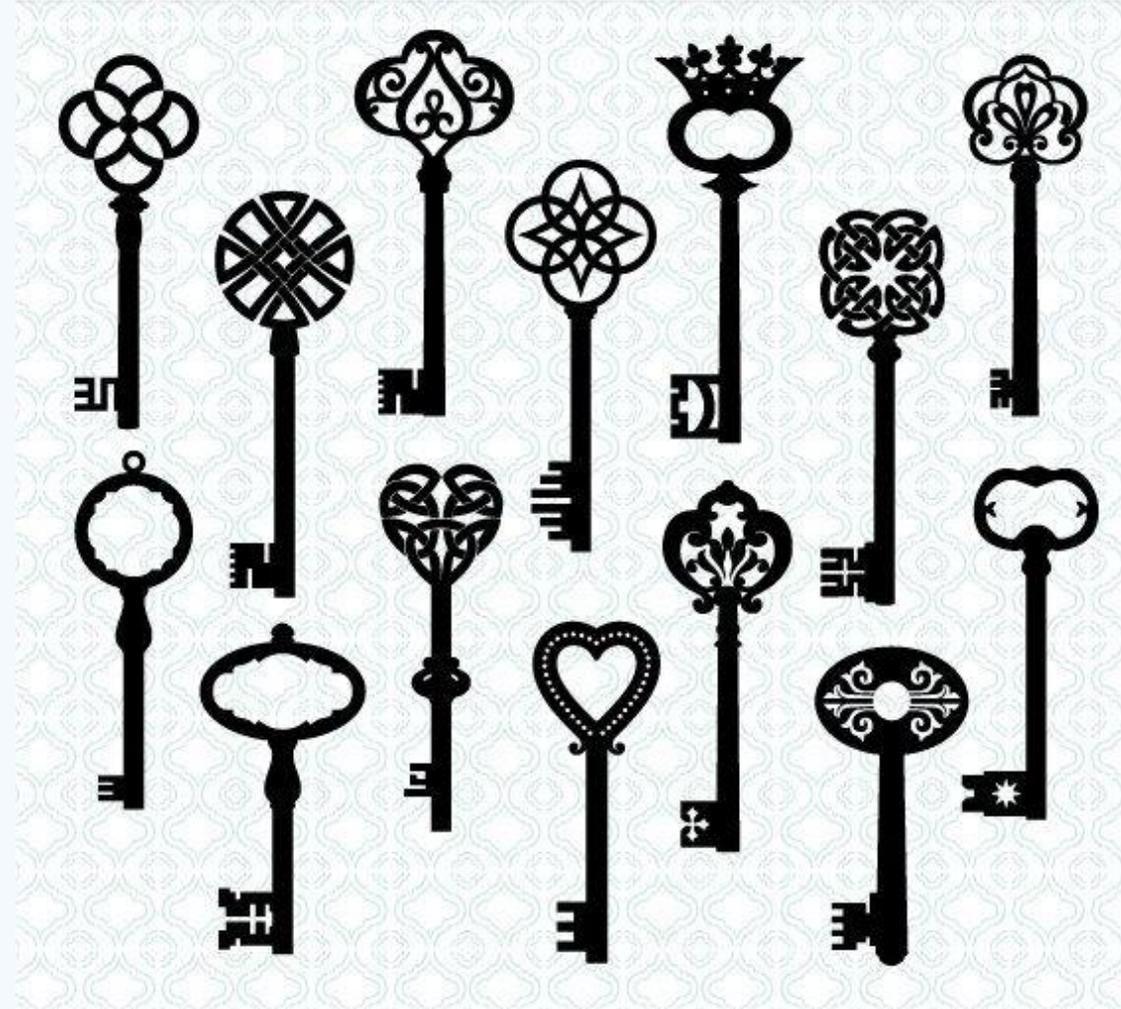
You can close the doors too and lock them to the changes you don't like or don't want.

With resilience you have power. The power to be strong and to learn from these life changes.

Activity 2;



Imagine one of these keys here being a metaphor for your resilience. It can unlock your strength and ability to never give up. Which one would you pick and why? Discuss this with others in the room



<https://www.youtube.com/watch?v=ibS9f-y3sTA>



Activity 3;



Shanes story. Watch this clip and listen to what Shane has to say about all the different things he has faced in his life. Make a tally chart of all the positive and negative changes he has faced

This is how I recorded the information from Shanes story... Did you get the same answers?

Positive changes	Negative changes

Although Shane had lots of negative experiences in his life, choosing to go to a nurture group in school helped him to become resilient. He was able to get on with anyone, instead of staring them out and fighting them. He made positive choices which has led him to be successful. He has been able to get a job and travel the country as his own boss in his own van. He is strong and proud and is now happily married with children of his own



What would be your goal?

Shane called all the changes in his life 'Experiences'  
One of the ways we can be resilient to changes we don't want, is to think about them as 'experiences.' Something that we can learn from.

### Activity 4;

Look at this website <https://www.harleytherapy.co.uk/counselling/how-to-cope-life-is-crazy.htm> and write in your own words the five ways you personally can learn to cope (be resilient) when life gets out of control. You can use this as an Action Plan and refer to this when you are finding life difficult.

Use the next slide as a template for your Action Plan. One row has been completed to help you.



## Action plan steps

## Explanation of what this means for me

1. Give yourself a life jacket

Let myself be sad sometimes, it is perfectly normal to feel this way.

2.

3.

4.

5.

[www.Awesomequotes4u.com](http://www.Awesomequotes4u.com)

## Today

I close the door  
to the past, open  
the door to the  
future, take a  
deep breath,  
step on through  
and start a new  
chapter in my  
life.



*Remember...*

*If you are able to control and  
learn resilience skills you could  
both lock and unlock the doors  
to any changes you like.*

What will be behind the door you next unlock?



# Great work! Today you have;



- Recapped on your learning from week 1 and 2
- Identified emotions to the changes you have experienced
- Researched emotional literacy you didn't know the meaning of
- Discussed different metaphors for resilience
- Created an Action Plan for helping you to become more resilient when dealing with life experiences you weren't expecting

Next week....We will investigate how we can make change a positive experience.