

RESILIENCE ACTIVITY_

LET SOME

STEAM

OUT OF

THE POT

YOUNG PEOPLE
AGED 11+ (SECONDARY/ HIGH SCHOOL)



FROM THE DIANA AWARD

INTRO

This is a resource for explaining and improving resilience in young people. The activity helps explain concepts of resilience in a child-friendly way by providing a tea pot analogy. The tea pot exercise is for educators, parents/guardians or other adults who know a young person in a trusted capacity to help them understand to help them understand what is stressing them out and some helpful coping strategies they can do.

MODULE LEARNING OBJECTIVES

- Improve awareness of what resilience is
- Help young people understand stress and coping strategies
- To provide a child friendly activity to encourage conversations around what is stressing them out

PREPARATION

THINGS YOU NEED TO DO AS A TEAM TO GET READY BEFORE YOU RUN YOUR SESSION

- Read through to understand the aims of the resilience activity
- Print off the Activity Sheet
- Collect some coloured pens and/or pencils

2 MINUTES TO SET THE SCENE

Introduce the activity to the young person as a great way to visualise their stress and discuss coping strategies that they are fond of. Begin by explaining you will be reading through some key information on resilience and coping strategies. Then you will be filling in a fun worksheet with different colours and pens (as you wish) to draw their stress and coping strategies.

LET OFF SOME STEAM

Introduce yourself if you do not already know the young person.

Introduce the activity to the young people explaining you will be doing an activity on resilience and coping strategies with them.

Say the definition of resilience as described on the activity sheet.

Explain the analogy of the activity outlined on page 4.

Explain the diagram on page 4 outlining the different stages i.e.

- 1) Stress comes into the pot and
- 2) coping strategies help relieve some of the stress

Discuss that the teapot or ability to cope with stress can change over time and can be different between individuals.

Go through the example teapot with some examples of worries and coping strategies.

Encourage the young person to complete their own version of their teapot, ensuring it's personal to their own worries and coping strategies.

TEAPOT ANALOGY

DEFINITION

Resilience is the ability to recover from something.

- (Oxford Dictionary, 2020)

HOW IT WORKS



The ability to deal with stress varies from person to person and can change over time_

An individual's natural ability - as well as external factors in their life at any given time - can affect how they are able to cope with stress. Sometimes, an individual is better able to cope at one point in time than another.

ACTIVITY: EXAMPLE

LET OFF SOME STEAM



ACTIVITY: WORK SHEET

LET OFF SOME STEAM



We're proud to be the only charity set up in memory of Diana, Princess of Wales and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

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