

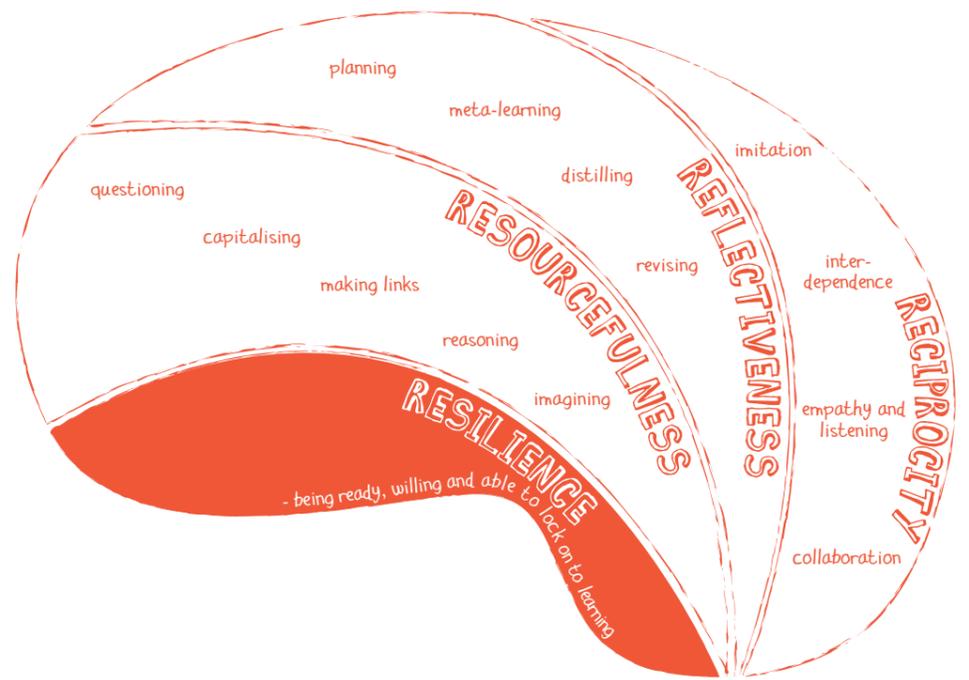
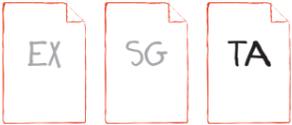
## RESILIENCE:

The emotional aspects of learning; 'feeling'  
The capacities that make up this disposition are:

Absorption Managing Distractions Noticing Perseverance

## Perseverance

Keeping going in the face of difficulties, channelling the energy of frustration productively. Knowing what a slow and uncertain process learning often is.



## A Taster Activity IN THE ZONE

### Organisation

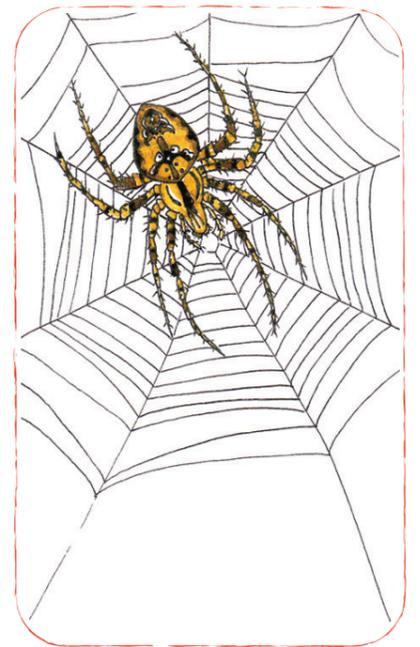
The activity can be done in the classroom, but is more fun if in a large space – hall or playground.

### Resources

Make a set of large "In the Zone" labels, i.e: "Comfort Zone", "Stretch Zone" and "Panic Zone".

Print a set of "In the Zone" Cards.

- In the space, set up three "zones" with hoops, mats, etc. Use the labels to identify the zones.
- Explain the zones and tell the children you will give them different scenarios/tasks. ←
- They have to decide how they would feel if they had to carry out these tasks – comfort (no problem); stretch (with a bit of effort/courage); panic (no way!).
- They run to the appropriate zone. Adults can join in too!
- After doing several of these, talk about how different tasks present different challenges to individuals – what would panic some people would be comfortable to others.
- Model your feelings. E.g. "I'd be quite comfortable flying in a hot air balloon but I'd panic if I had to sing in front of an audience."
- Talk about different feelings when learning - disappointment, worry, frustration, happiness, relief, pride etc. All these feelings are natural. Everyone feels like this from time to time.
- Having/using stickability means we keep on going and try to overcome our negative feelings and difficulties.



Stroke a dog