

Introduction

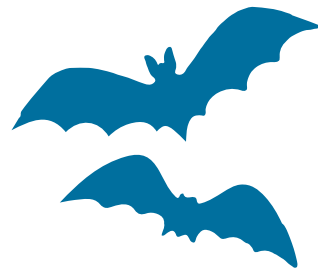
Do some of your pupils give up easily? Do you find that if they don't get things right first time they give up trying? Do you find that resilience is lacking and, in turn, the resilience required for studying in depth is also lacking? Do you find that pupils are afraid to try new things?

If so, this book can help.

We have put together forty activities that will push pupils out of their comfort zones and help them to see the benefits of trying new things. The activities will help pupils to manage:



Injury
(minor)



Fear



Embarrassment



Failure

The fun activities are all linked to the primary curriculum and tackle a number of weaknesses which restrict pupil resilience:

- ✓ Attention to detail
- ✓ Reflective thinking
- ✓ Confidence
- ✓ Problem solving
- ✓ Risk Taking
- ✓ Speculative thinking
- ✓ collaboration
- ✓ Will Power
- ✓ Perseverance

The activities are wide ranging in their nature and help pupils to become more resilient in:

- ✓ Competitions
- ✓ Practical activities
- ✓ Enterprising activities
- ✓ Experimentation
- ✓ outdoor learning
- ✓ Investigation

Using the popular characters from our personal development curriculum, Secrets of Success, this book is suitable for Key Stages One and Two.

Win at conkers

obstacles



Injury



Fear



Embarrassment



Failure

Instructions

One of the best autumn challenges ever!

Find a conker, prepare it and beat the competition.

You will need to research the best method of preparing your conker.

This might involve:

- using varnish
- filling your conker.

The winning conker in every round takes on the 'lives' of all the conkers it beats. (For example, if an unused conker beats another unused conker, it becomes a one-er; if a one-er beats a three-er, it becomes a fiver-er - add the three, and one for winning.)

Subjects

- English (reading): research skills
- English (writing): blog entry - write about the success/failure of your conker.

Weaknesses tackled

- ✓ Attention to Detail
- Reflective Thinking
- ✓ Confidence
- Problem Solving
- ✓ Risk Taking
- ✓ Speculative Thinking
- Collaboration
- Will Power
- ✓ Perseverance

Start a Business

obstacles



Injury



Fear



Embarrassment



Failure

Instructions

Your challenge is to make Christmas (or any other festival) cards to sell.

You must work in groups of three or more.

You have one week.

The team that sells the most cards will win.

Subjects

- Art: design
- English (writing): blog entry - give your advice on how to start a successful business.

Weaknesses tackled

- ✓ Attention to Detail
- Reflective Thinking
- ✓ Confidence
- ✓ Problem Solving
- ✓ Risk Taking
- Speculative Thinking
- ✓ Collaboration
- Will Power
- ✓ Perseverance

Tie Knots

obstacles



Injury



Fear



Embarrassment



Failure

Instructions

To complete this challenge you must first learn to tie a:

- reef knot
- sheet bend
- bowline.

Then the real challenge begins. You need to tie each one in under three minutes. That's nine minutes in total.

Subjects

- English (writing): blog entry - write about the different types of knots and when they would be used.

Weaknesses tackled

- ✓ Attention to Detail
- ✓ Reflective Thinking
- ✓ Confidence
- ✓ Problem Solving
- ✓ Risk Taking
- Speculative Thinking
- Collaboration
- ✓ Will Power
- ✓ Perseverance

Make a Kite

obstacles



Injury



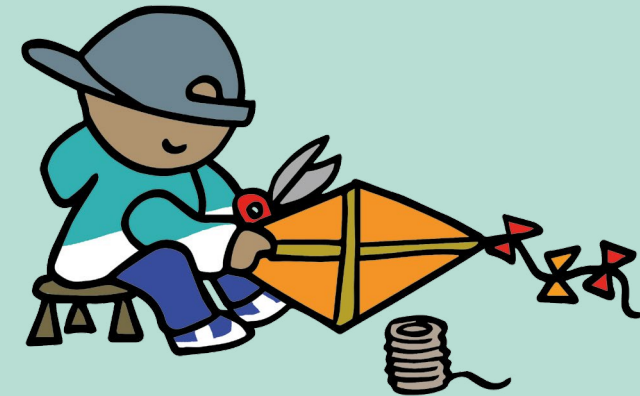
Fear



Embarrassment



Failure



Instructions

This challenge involves researching, designing and making your own kite.

Your kite must:

- fly
- stay in flight for at least five minutes.

See if you can make your kite perform stunts.

Subjects

- English (reading): research
- English (writing): blog entry - write about your kite design and its success/failure.

Weaknesses tackled

- ✓ Attention to Detail
- ✓ Reflective Thinking
- ✓ Confidence
- ✓ Problem Solving
- ✓ Risk Taking
- ✓ Speculative Thinking
- Collaboration
- ✓ Will Power
- ✓ Perseverance

Make an Electro Magnet

obstacles



Injury



Fear



Embarrassment



Failure

Instructions

You will need:

- a roll of lacquered wire
- a 9V battery
- a tubular piece of steel (about 1 cm diameter)

Research how to make the magnet and then make it.

The challenge is to lift as many paper clips as possible.

Try to beat someone else.

Subjects

- Science: forces
- English (reading): research
- English (writing): blog entry - write instructions for how to make an electro magnet.

Weaknesses tackled

- ✓ Attention to Detail
- ✓ Reflective Thinking
- Confidence
- ✓ Problem Solving
- ✓ Risk Taking
- Speculative Thinking
- Collaboration
- ✓ Will Power
- ✓ Perseverance

Build a Bivouac (Bivvy)

obstacles



Injury



Fear



Embarrassment



Failure



Instructions

A bivouac (pronounced 'biv o oak' and commonly known as a bivvy) is an outdoor shelter built from things that you find around you.

This challenge is best done as a group. You have to make a bivouac with only rope and natural objects (such as, leaves and sticks).

Your bivvy must be water tight, strong and big enough for your whole group to get inside.

If your teacher agrees, why not try spending the night in your bivvy? If that's not possible, set up camp for the day and try the 'Cook sausages' challenge too.

Subjects

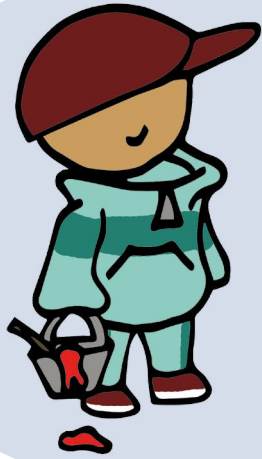
- English (writing): blog entry - write instructions for how to build a bivvy, including a description of the type of materials needed for a successful bivvy.

Weaknesses tackled

- Attention to Detail
- ✓ Reflective Thinking
- Confidence
- ✓ Problem Solving
- ✓ Risk Taking
- ✓ Speculative Thinking
- ✓ Collaboration
- ✓ Will Power
- ✓ Perseverance

Make a Lighthouse

obstacles



Injury



Fear



Embarrassment



Failure

Instructions

You have to produce a lighthouse with a bulb that rotates.

Research how to put the circuit together and how to get the light to rotate.

Then design and make the tower and use your art skills to make it look great.

Subjects

- Science: electrical circuits
- Design and Technology: electrical and mechanical components
- English (writing): blog entry - describe a storm at sea, with a description of your lighthouse as if it were a real one guiding ships safely to the harbour.

Weaknesses tackled

- ✓ Attention to Detail
- ✓ Reflective Thinking
- ✓ Confidence
- ✓ Problem Solving
- ✓ Risk Taking
- ✓ Speculative Thinking
- Collaboration
- ✓ Will Power
- ✓ Perseverance