

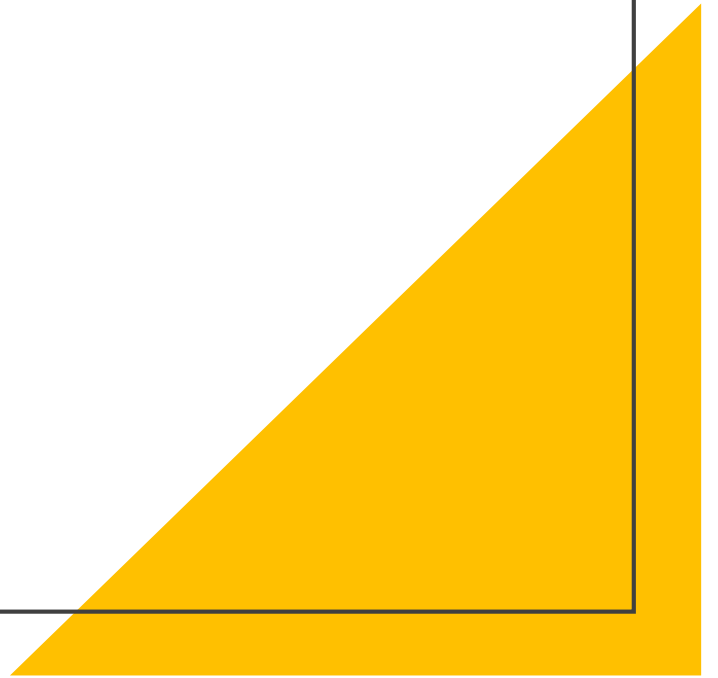
This is my fight song  
Take back my life song  
Prove I'm alright song

My power's turned on  
Starting right now I'll be strong  
I'll play my fight song

And I don't really care if nobody else believes  
Cause I've still got a lot of fight left in me

<https://www.youtube.com/watch?v=XbxNtPiCBK8>

Believe and you  
can achieve



# Resilience and perseverance

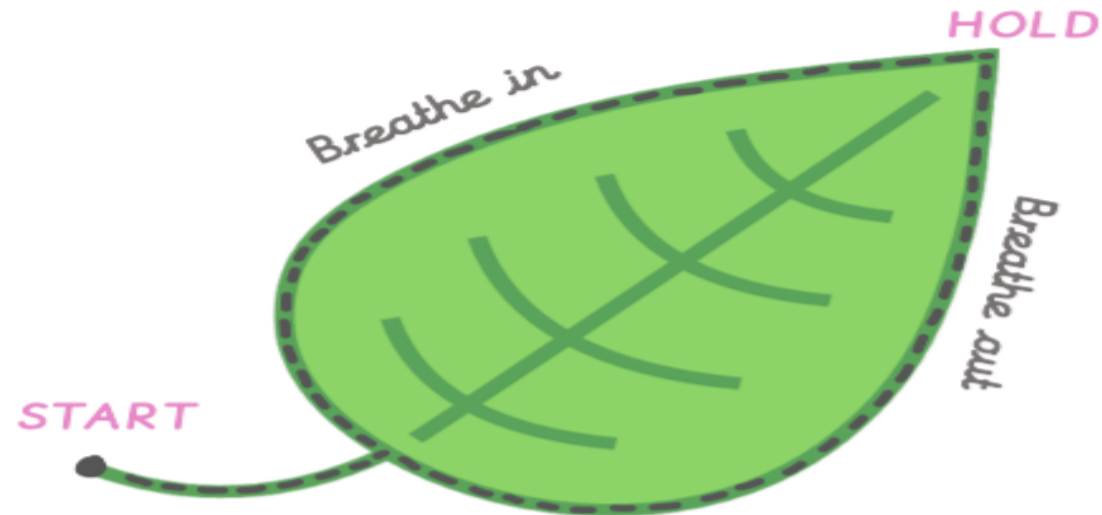
Whole school assembly 7.6.21




# Just breathe

## Leaf Breathing

*Imagine all the leaves on a big, tall tree.*



*Use your pointy finger to slowly trace  
around the leaf.  
Breathe in through your nose and out  
through your mouth.*



VICTORY IS  
ALWAYS POSSIBLE  
FOR THE PERSON  
WHO REFUSES  
TO STOP  
FIGHTING.


A spiral-bound notebook with a light gray cover. The text is printed in a bold, black, serif font, arranged in a triangular shape. The words are: "fall", "seven", "times", "stand up", and "eight".

**fall  
seven  
times  
stand up  
eight**



---

WHICH STEP HAVE YOU REACHED TODAY?



“DON'T BE DISCOURAGED.  
IT'S OFTEN THE LAST KEY IN THE  
BUNCH THAT OPENS THE  
LOCK.” - AUTHOR UNKNOWN

INCLUDE HERE TO SUPPORT THE AUTHOR'S EFFORTS TO PROMOTE YOUR BOOKS AND SERVICES HERE!

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# perseverance

/pəːsɪˈvɪər(ə)ns/

*noun*

persistence in doing something despite difficulty or delay in achieving success.

"his **perseverance with** the technique illustrates his single-mindedness"

**Similar:**

persistence

tenacity

determination

resolve

resolution

resoluteness





SUCCESS IS NOT FINAL,  
FAILURE IS NOT FATAL:  
IT IS THE  
COURAGE TO CONTINUE  
THAT COUNTS.

Winston S. Churchill

Life is not  
about how  
fast you run,  
or how high you  
climb, but how  
well you bounce.

01d0



# resilience

/riˈzɪliəns/

*noun*

1. the capacity to recover quickly from difficulties; toughness.  
"the often remarkable resilience of so many British institutions"
2. the ability of a substance or object to spring back into shape; elasticity.  
"nylon is excellent in wearability, abrasion resistance and resilience"

**Similar:**

flexibility

pliability

suppleness

plasticity

elasticity

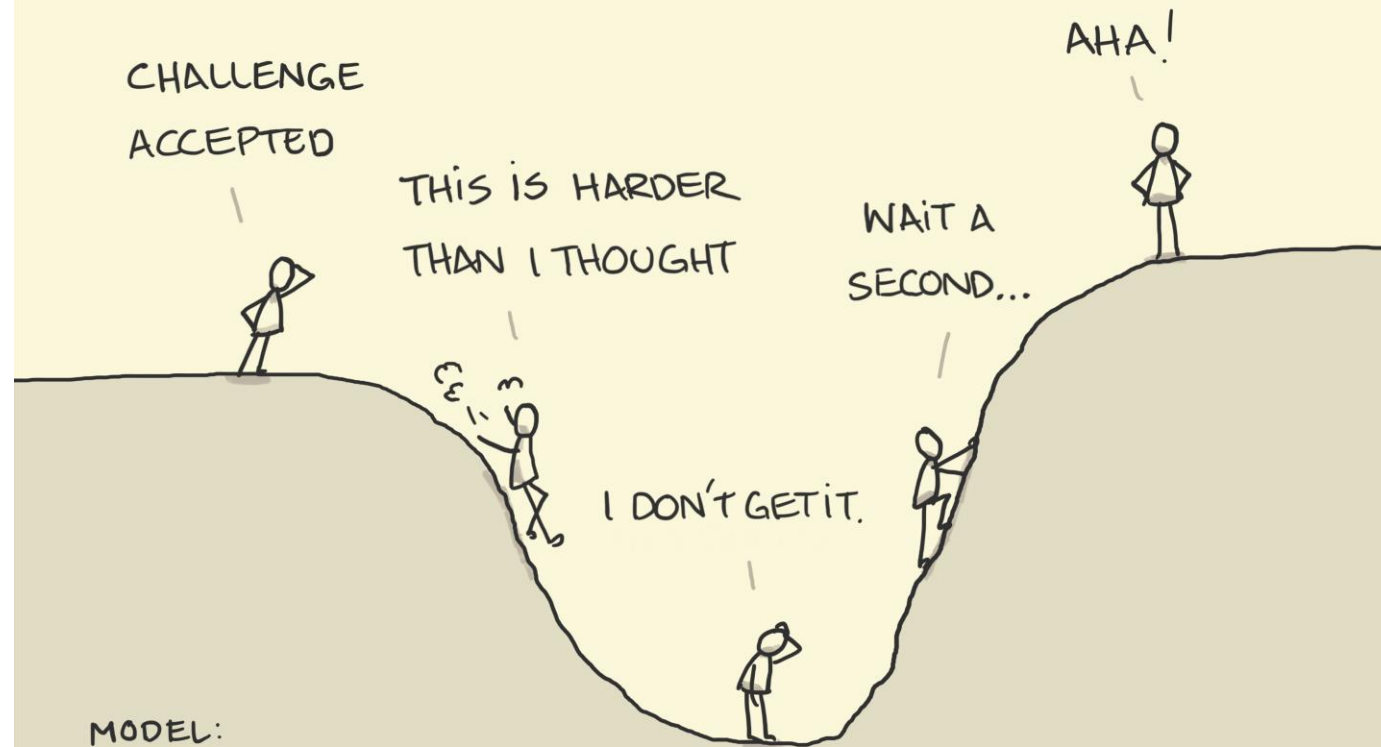
springiness



<https://www.youtube.com/watch?v=IOaFwwLyTRo>



# THE LEARNING PIT



MODEL:  
JAMES NOTTINGHAM  
[challenginglearning.com](http://challenginglearning.com)

sketchplanations

# **RESILIENCE**

**Don't leave home  
without it...**

**YOU were born  
with Bounce-Back  
Ability!**

– Ty Howard

<https://www.youtube.com/watch?v=WUXEeAXywCY>

- Think about something that you want to achieve this term that might challenge you, how will you persevere and show resilience?

