



Being Resilient

Warm Up	Learning Intentions	Mini Lesson	Activity	Bonus Activities
Being Resilient Welcome from Alex Pearce, introduction to our <i>Being Resilient</i> lesson.	Learning Intention Students will build an understanding of what resilience is and how they can use positive thoughts, feelings and actions to overcome challenges. Success Criteria Students can describe resilience in their own words. Students can articulate ways in which they have overcome challenges in the past. Students can identify positive thoughts, feelings and actions that can help them deal with challenges in the future.	Brainstorm Check out what students already know about the topic of resilience. My Story Alex Pearce Hear from captain Alex Pearce about his AFL journey, where he describes the many ups and downs, and how he has bounced back from adversity. Embracing Challenge Embracing challenge is an important part of building resilience. Students reflect on a challenge that they have encountered and what they learned from the experience. Players' Top Tips Hear from our players who share their top tips around building resilience including thinking positive, staying connected, bouncing back and working hard.	Brainstorm Write down what comes to mind when you think of resilience and have a go at describing resilience in your own words. Alex Pearce Being Resilient Write down as many of the thoughts, feelings and actions that Alex used to help him bounce back from his many challenges. Embracing Challenge Reflect on a challenge you have overcome answering questions about what helped you succeed, setbacks along the way and what you learned from the experience. Players' Top Tips After hearing our players' top tips on building resilience, outline how you will use their advice the next time you encounter a challenge.	All About Alex Pearce Find out a little more about Alex Pearce including his footy journey, quickfire questions and watch some highlights of him in action for the Fremantle Dockers. Did You Know Check out some fun facts from famous faces who have had to demonstrate significant resilience on their road to success. Create Your Own Top Tip! From what you have learned, just like our players have a go at creating your own top tip for building resilience.
PREZI LINK	Welcome To Freo Being Resilient by Fremantle Football Club on Prezi Next			