

## Lockdown RSHE Lessons – Coping with Change – KS3

When we experience sudden or unsettling change, one thing that can help us cope is resilience. Resilience helps us deal with the emotions a new situation may cause, and helps us bounce back from difficulties we might encounter. Being resilient is an emotional skill and is something we can develop and build, both as children and as adults. Below are some activity ideas for home learning that may help to boost the resilience of your pupils.

**Double click on the embedded pdf to save the resource or download using the link.**

### Bounce Forward



A universal resilience programme produced by Boing-Boing which may be suitable for year 7 pupils. The following lessons in the programme are suitable for use remotely or only require minor changes to adapt them for remote use.

<https://www.boingboing.org.uk/bounce-forward/>

**Lesson 1b:** What is Resilience? Steps 2 and 4 on p17.

**Lesson 1c:** Tough Times

**Lessons 2a and 2b:** The Basics

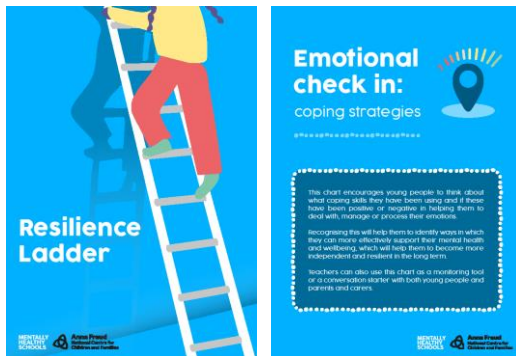
**Lesson 3a:** Identifying Strengths

**Lesson 3b:** Using Strengths

**Lesson 5a:** Ordinary Heroes Step 3 on p50

**Lesson 6b:** Coping potion

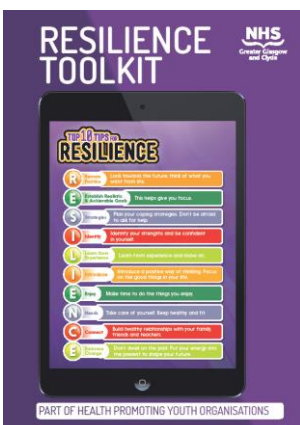
### Resilience Ladder and Emotional Check-in



Two activity packs with pupil activities produced by the Anna Freud Centre (Mentally Healthy Schools).

[https://www.mentallyhealthyschools.org.uk/resources?gclid=EAlaQobChMIkKSdLiW7gIVy4FQBh3yTgtcEAAYASAAEgJcpvD\\_BwE](https://www.mentallyhealthyschools.org.uk/resources?gclid=EAlaQobChMIkKSdLiW7gIVy4FQBh3yTgtcEAAYASAAEgJcpvD_BwE)

### Resilience Toolkit



A universal resilience programme produced by NHS Glasgow. The following lessons in the programme can be applied to the current situation and the materials are suitable for remote use. The instructions will require minor adaptations to ensure they are relevant.

<https://healthyschoolscp.org.uk/resources/nhs-greater-glasgow-resilience-toolkit/>

**Problem Solving**, p22 - scenarios can be re-written to make them relevant to the Covid pandemic as a whole or the current lockdown

**Recognising Strengths and Weaknesses**, p25

**Recognising the positives**, p35

**My Needs**, p40

**One Good Adult**, p44

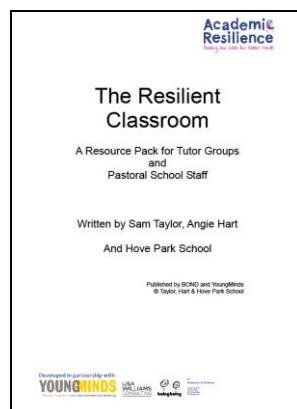
### What does Resilience Mean?

A short video produced by Young Minds showing young people explaining their understanding of resilience:

<https://www.youtube.com/watch?v=4RzHx5rw0f4>

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### The Resilient Classroom



A resource pack produced by Young Minds and Boing-Boing. The following lessons in the programme can be applied to the current situation and the materials are suitable for remote use. The instructions will require minor adaptations to ensure they are relevant.

<https://www.google.com/url?young+minds+-+the+resilient+classroom>

**People you can Count On, p64**

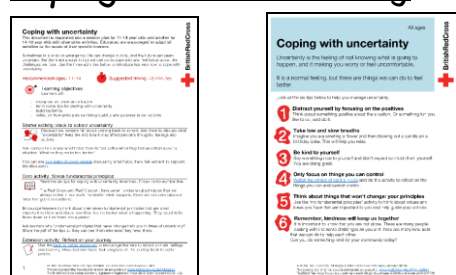
**Responsibilities and Obligations, p66**

**Focus on Good Times and Places, p69**

**Highlight Achievements, p84** – adapt instructions so students are looking at achievements during the pandemic as a whole or current lockdown

**Solving Problems, p97**

### Coping with Uncertainty

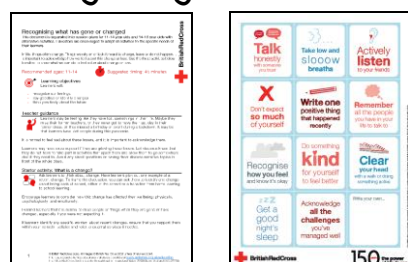


A lesson plan, materials and tips sheet produced by British Red Cross.

Minor changes to the wording may be required to ensure it is suitable for remote use and relevant to the current situation.

<https://www.redcross.org.uk/get-involved/teaching-resources/reacting-to-change-and-uncertainty>

### Recognising What's Gone or Changed



A lesson plan and materials produced by British Red Cross. Minor changes to the wording may be required to ensure it is suitable for remote use and relevant to the current situation.

<https://www.redcross.org.uk/get-involved/teaching-resources/recovering-from-change-and-challenges>

### Coping with Changes



A lesson plan and resources produced by Samaritans. The instructions will need to be adapted for remote use.

<https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/coping-changes/>

### Keep Calm and Carry On

Lesson materials from Oak National Academy PSHE collection:

<https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c>

### Coping with Change

A lesson plan, power point presentation and videos produced by Public Health England. Slight amendments to the wording and instructions will make the materials suitable for remote learning.

<https://campaignresources.phe.gov.uk/schools/resources/dealing-with-change-lesson-plan-pack>