

Level  
C

Module Eight | Resilience

# Activity One



## Pull me ups and put me downs

This activity helps students separate their thoughts into those that are helpful and those that are unhelpful. The activity highlights to students the power of positive thinking. In small groups, students select a particular event or situation and then devise three (3) helpful and three (3) unhelpful thoughts about it. A whole class group discussion is held at the end.

### Materials Required

- ✓ Blackboard
- ✓ Sufficient photocopies of 'Pull me ups' and 'Put me downs' handouts for all students, pens

### Step One

In one large group ask students to brainstorm some of the things people their age worry about. Record these up on the blackboard. This list could include things like not doing well at school, not being invited to a party, not looking like a dork.

### Step Two

Provide students with the handouts: 'Pick me ups' and 'Put me downs' and pens to write with. Ask students to form groups of 4 to 5 students taking the handouts and pens with them.

**Step Three**

Ask the groups to pick one of the worries listed on the blackboard. Try to ensure that all groups don't pick the same worry. Ask each group to write down on the Pull me down handout, three (3) unhelpful thoughts about the worry. For example, for the worry not doing well at school, three (3) unhelpful thoughts might be: I am hopeless, I will never be able to understand this work and the other kids are smarter than me.

**Step Four**

Ask the students to complete three (3) helpful thoughts on the Pull me up handout for the same worry they used in the previous handout. For example, stay back for extra classes, talk to the teacher, ask a friend to help explain it to you.

**Step Five**

Ask each group to stand up and read out the worry they selected and the unhelpful and helpful thoughts. Ask what was easier to do, unhelpful thoughts or helpful thoughts? Was it easier to think of helpful thoughts when you were trying to help someone with the same worry compared to trying to think of helpful thoughts for yourself? Suggest next time they have a worry, it might be useful to separate thoughts into helpful and unhelpful thoughts as it will provide some positive solutions to their worries.



### Pull me ups

1

2

3





### Put me downs

1

2

3



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# Activity Two



## Tower of Strength

The aim of this activity is to show students that while negative events can happen to them, there are also many positive events that can happen as well. Students record on the handout sheet, positive events that have occurred over their 9/10 years of schooling and 1 negative event. This handout sheet is then folded in half and placed on the desk. The students then have a race to see who can be the fastest at blowing over the folded handout sheet to knock over the bad situation/circumstance.

## Materials Required

- ✓ Sufficient photocopies of 'Tower of Strength' handout for all students, pens

### Step One

Provide the 'Tower of Strength' handout to every student in the class. Ask the students to think about all the things that have happened to them (good and bad) since they first started school. Have the students write down on the back of the handout sheet something that has happened at school that they didn't like. This could have been in any year of their school life.

**Step Two**

Have the students flip over the handout sheet so the picture of the tower of strength is on top. On each year level of the tower, ask the students to write down something positive and good that occurred to them or their class in each year level. These could be things like school camp, making something in art, getting out of school early, something funny that happened etc.

**Step Three**

Explain to the students that even though bad things can happen to our lives, there are still a lot of good things that happen to get us through the bad times. For example, people helping each other out in natural disasters like cyclones and earthquakes. Suggest to students to fold the handout in half so the bad time is on the inside of the fold. Sit the folded piece of paper on the student's desk like a billboard. Ask the students to stand behind their desk with their hands behind their backs. Inform the students they will knock their bad times over with just one breath. On the count of three (3), ask students to blow with their mouths towards the folded handout. Students are not to use their hands only their breath to knock over the folded piece of paper. You will need very quick eyes to see who the winner is.



### Tower of Strength

