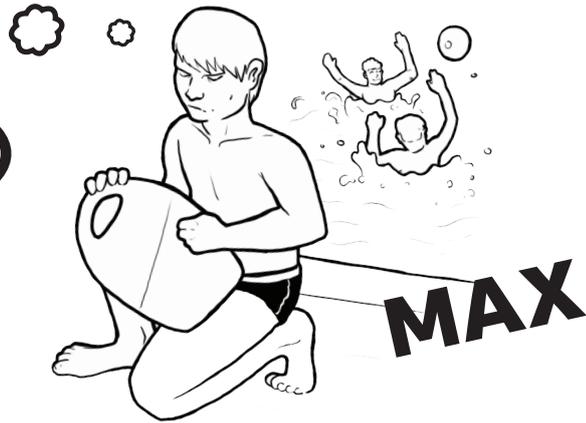


ACTIVITY TWO: DEVELOPING RESILIENCE

Pick **ONE** scenario and think about the advice you would give that person:

They're all so good at swimming and I'm still learning. I can't join in with any of their games! If I try, they'll only make fun of me. I might as well give up swimming altogether.



HENRY

I'm terrible at riding a bike. It hurt so much when I fell off last time. I'm never going to be able to do it properly.

I don't know any of the answers! Mum and Dad are going to be so disappointed. What's the point of trying? I'm always going to be terrible at science.



What advice would you give to _____?
