

We asked the children what they do at school that makes them feel...



RESILIENT



"In steel pans I was the only one who didn't know how to do it properly, as everyone else had done it the year before, but I still tried it and now I can do it. That makes me feel happy and makes me feel like I've come a long way with it and I'm not on the same level I started on."

"If you're trying to get greater depth in something and you get expected, you can show resilience by trying really hard again. If you do a test and don't do that well, you don't give up, you just try again in another test to do your best until you do well in them."

"Sometimes in maths the questions are really hard but I just keep trying to work it out and then I get it right, so that shows that I'm resilient because I don't give up when it's hard"

"When we make a mistake, someone always pushes you to try again and not give up, which always helps us to get to our goals."

"Usually if I get a spelling wrong, I try again until I get it right, and that shows resilience."

"If you get something wrong then the teachers encourage us to get back up and try again, and then you keep trying until you get it. We get taught that it can be hard to get something right the first time, so we should never give up trying."

"Greater Manchester Cross Country regionals- we needed to qualify across two races, and I was a bit worried before as it was against all of the boroughs, but when I did it I felt resilient because I was nervous but I tried anyway. I came 32 nd out of over 200 people!"