



Resilient

Rammie KS1

Name:

School:



DERBY COUNTY
Community Trust



Premier League
Primary Stars



Welcome to the KS1 Resilient Rammie Programme

In this booklet you will be learning how you can be more resilient just like Rammie and Ewie the Derby County mascots.

We will be taking part in activities including:

- Feelings detective
- Helpful and unhelpful thoughts
- It's great to be me...
- Who is your superhero?
- Going for goals!



Can you tick which one you think the right answer is?

Resilience is...

Trying again

Giving up

A rule

I know how someone feels by...

Ignoring them

Looking at their face

Calling them names

A helpful thought is...

I'm rubbish

I can't do it yet

I'm useless

Unique is...

Being the same

A game

Being different

If I'm struggling I should...

Sit still

Ask for help

Cry



Feelings Detective

Our feelings change throughout the day, it depends on what we do, where we are and who we are with:



**I can tell how
someone feels
by...**

Player Cards

1.



Jack Marriott

2.



Wayne Rooney

3.



Duane Holmes



Using the player cards resource can you fill in the missing boxes?

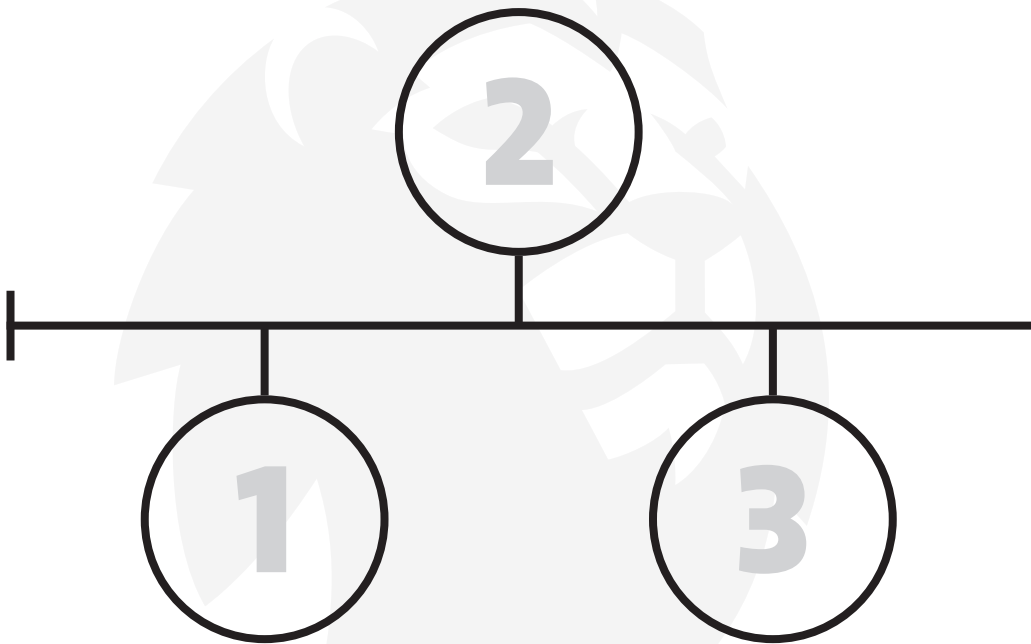
Player Card	What do you think has happened to the player?	How do think they feel?
1		
2		
3		

Have you got any of your own photos where you can list how the people in them are feeling?



Feelings Timeline

Click here to watch the video. Next write or draw how the bird's feelings change throughout the video?



Resilience is...

Video link: <https://www.youtube.com/watch?v=tTjHEyEAlsc>

1. What's one thing that you would like to get better at?



2. What are you going to do?

You can do this again with any video of your choice.



Me, Me, Me

Use the box below to draw a picture of yourself.



I'm glad I'm me because...

It's really good to be me!

Who is your Superhero?

We all have skills and strengths. Can you write down your skills and strengths then choose your own superhero and write their skills and strengths too.

Me	Superhero
<ul style="list-style-type: none">••••••	<ul style="list-style-type: none">••••••



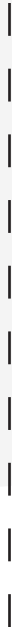
Going for Goals

Think about one thing you would like to get better at:

Write or draw how you will look and feel...

If you do not get better at this...

If you are resilient...



Can you tick which one you think the right answer is now you've completed the booklet?

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