



Resilient

Rammie KS2

Name:

School:



DERBY COUNTY
Community Trust



Premier League
Primary Stars

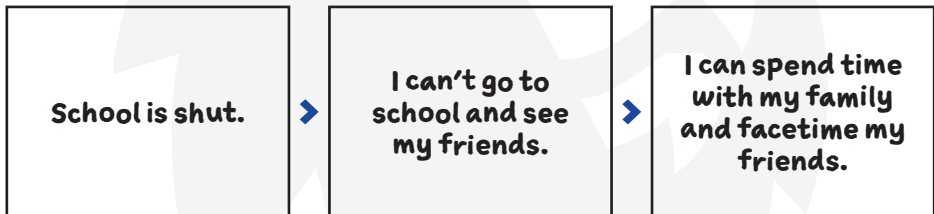
Resources

Use this to help you complete the tasks throughout the booklet.

Page 6 - Paper and Cup Challenge Explained:

Taking part in the paper and cup challenge is easy and you can do this with anything in your home such as throwing socks into the wash basket or kicking a ball into the bin.

Page 7 - Unhelpful and Helpful Thoughts Example:



Page 12/13 - Design a Poster:

Can you design a poster to help others learn how to be resilient? Be sure to send us your poster on Twitter (@DCCTOfficial) and/or Facebook (DerbyCountyCommunityTrust).

Page 11 - Rammie's Steps to Success:

My goal is...

To be able to swim across a pool.

**A friend
can help me.**

**I can
do it.**

**Believe in
yourself.**

1 - Hold onto the rail using armbands.

2 - Kicking my legs whilst holding the rail and wearing armbands.

3 - Walk away from the rail wearing armbands.

4 - Move across the pool wearing armbands with less air.

5 - Move across the pool using just floats.

My worries or challenges are...

I might go under water.

I might not be able to do it.



Welcome to the KS2 Resilient Rammie Programme

In this booklet you will be learning about the different skills you need to be resilient just like Rammie, Ewie and the Derby County team.

You will be taking part in activities including:

- Drawing and writing
- Paper and cup challenge
- Helpful and unhelpful thoughts
- Thinking and perseverance
- Your skills and strengths
- Designing a poster



Draw and Write

In pencil draw a picture of a child who is resilient, you can write words around the outside too.

After completing each stage of the booklet, can you add any extra pictures or words to your drawing?



What is Resilience?

Fill out the table below as you take part in the paper and cup challenge (see Resources page):

	Successful/ Unsuccessful	How did it make you feel?	Any changes next time?
1			
2			
3			

Resilience is...

Unhelpful and Helpful Thoughts

As you approach different scenarios it is better to have a positive outlook on the situation, you can do this by using helpful thoughts (see Resources page):

Scenario	→	Unhelpful Thought	→	Helpful Thought
	➤		➤	
	➤		➤	
	➤		➤	



Four Things About Myself

Write a response in each of the four boxes.

Get your family to do this too and compare your answers.

Put a star next to the answers that are similar.

Something I'm good at...	I like playing...
Something I like about my appearance...	Someone I would like to be for the day...

Self esteem is...

**Positive
Behaviours**

**Positive
Thinking**

Perseverance



Stronger Me

Everyone has different skills and strengths, look at your own and put them in the table below:

Definitely	Mostly	Sometimes

One skill I would like to get better at is...

Rammie's Steps to Success

(see Resources page)

My goal is...



1 -

2 -

3 -

4 -

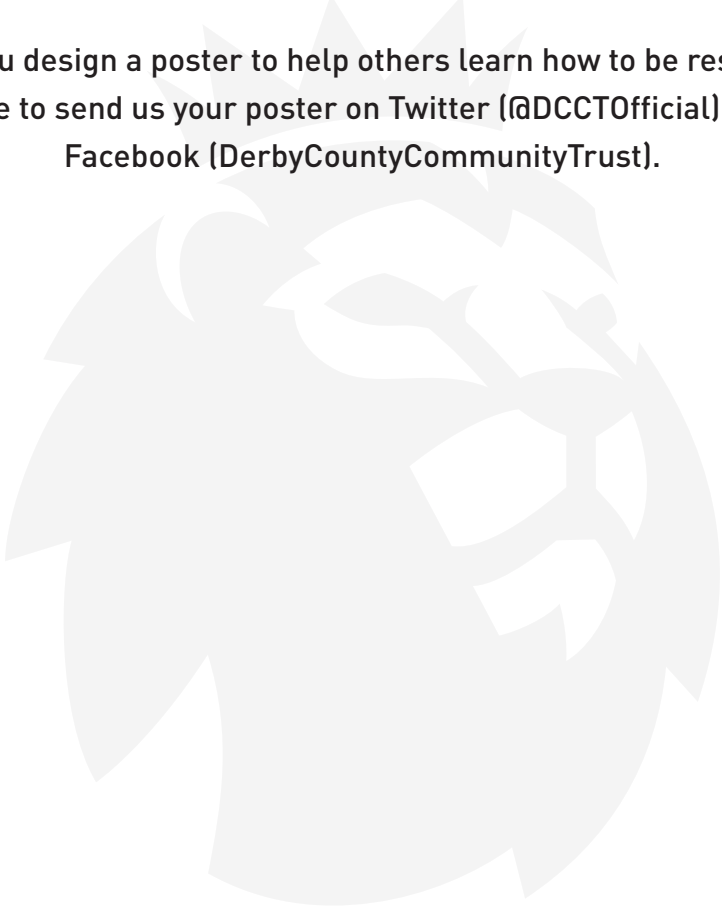
5 -

My worries or challenges are...



Design a Poster

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