

Resilience

Exploring resilience through the life of
Christopher Columbus





- Click on the link below to see how Christopher Columbus was able to use resilience to achieve his goals.
- <https://vimeo.com/289209139>



Resilience and Christopher Columbus



Christopher Columbus set off in search of a new route to the Indies. He didn't find it, but instead, discovered whole new lands.

Columbus didn't have an easy life. He struggled to gain the initial investment to make his voyage and suffered numerous setbacks and disappointments.



Resilience in Life



Columbus' **resilience** and perseverance kept him going and he is now renowned for the exploration he undertook.

Resilience is about 'bouncing back' from disappointments and setbacks. It involves not being overwhelmed by defeat but picking yourself up and having another go.

Identifying what helps your resilience is invaluable.



Resilience in Life



A sound balance of good friends, belief in yourself, self-discipline, and enjoying school, can help your resilience.

Discuss resilience strategies with a partner.

Some other ideas could be taking some time to go for a walk; listening to music; talking to a friend; writing a diary; practising calm breathing and positive thinking.



Time for REFLECTION



Answer the following questions in your **Character at Home Pupil Passport**.

3-2-1 Character Reflection

3

List 3 interesting facts about the Character Values you have explored.

- 1.
- 2.
- 3.

2

Explain in 2 sentences why the Character Value explored is important to help you flourish.

- 1.
- 2.

1

What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)?

- 1.

