

RESILIENT RHIAN



Hi! My name
is Rhian!
I'm here to
talk to you all
about being
Resilient!



What do
you think
about
these
phrases?

I'm no good at this!

I give up!

This is too hard!

I cant do this!

I'm rubbish at this!

I'm no good at this!

I give up!

This is too hard!

I cant do this!

I'm rubbish at this!

NEGATIVE



How could
we make
those
phrases
more
positive?

Have another go!

Stick at it!

Keep on trying!

Don't get distracted!



POSITIVE!



Listen to my
story about
how I was
RESILIENT!

Resilient Rhian and her gerbil, Gerald.



Rhian's Story

It was Sports Day: Rhian's favourite day of the year. She was going to SMASH it this year!

As she stood at the start line with the skipping rope in her hands, she said to herself, "You're going to win this!" But just as the teacher blew his whistle, her friend, Kyle, threw a bottle of water in the air and it landed on the track. Rhian got distracted and before she knew it, all of the other contestants had raced off and she was left behind. Last place.

The next race was the sprint. "You're going to zoom past the others this time," she told herself. But just as the whistle blew, Rhian saw her mum and dad standing on the side of the track, waving like mad. She waved back. Uh oh. She was last again. Back with her class, poor Rhian sat with her head in her hands. What a disaster! Two races and last in both of them. "I might as well give up!" she groaned. She could feel tears reaching her eyes and knew that any minute now, the day would be ruined.

"I just focus on the finish line," a little voice said quietly. It was Abby; one of the shyest girls in the class.

Rhian thought for a minute. What a good idea. If she was getting distracted all of the time, she needed to focus on something to block everything else out.

It was the final race - the Relay. Rhian was the last one to run in her team. The crowd was cheering, her parents were waving and Kyle was still throwing his stupid bottle in the air! But Rhian took a deep breath and tried to block out all of those distractions. Instead, she stared at the finishing line and focused only on that. "Come on, now, Rhian." she reassured herself. "You can do it."

Her team member handed her the baton and Rhian sped off down the track - there were no sounds, no distractions; just the finish line. She soared over it like a rocket and, almost in a daze, she watched as a teacher stuck a 'First' badge on her T shirt. She had won!

At home that night, Rhian told Gerald all about her day. "I didn't give up and I managed my distractions," she smiled. "I was resilient and I've got to say - I'm pretty proud of myself!"



Every time you think that you cant do something or that something is too hard always remember . . .



You've got
to try,
try, keep
on trying!



What would Gerald the gerbil do?

Resilient

Have another go!

Stick at it!

Keep on trying!

Don't get distracted!

- Tasha
- Kittie
- Evan
- Lolo
- Ellis
- Conan
- Jack
- Niah