

Building Resilience 14th Jan 21

Watch the introduction here

<https://youtu.be/Qmb-pPsG7d0>



You can choose to do 1,2 or 3 of the activities below.

Learning Intention

I know it is important to celebrate my own and others achievement .

Success Criteria

I can share my own achievement with others.

You are amazing!

Think of something you
did or achieved in

2020. Design and make a certificate for yourself.

Remember to write on it what you did. Use paper and pencils or you can try a certificate creator online .

Try <https://certificatemagic.com/>



2020 was a year where we had to adapt to many new things and learn new ways of doing things. Can you list 4 things that you learned how to do in 2020 ? How many new words did you learn?

We have all adapted to many things and should be very proud of ourselves for coping with the many changes.

Look back on 2020. People achieved great things in a very difficult year. There were lots of Heros this year. Can you find out about someone or a group of people who achieved great things and write or draw a short description of what they did.

It may be someone raising money for charity, getting food or help to people who need it , somebody who worked to help others, inventing or making something to support doctors and nurses , medicines or vaccines created. It may be something you have heard of from the news or it may be someone you know.