Essential resiliency skills. **Self efficacy.**

Key message.

Having success in something and then using that as a personal reference point for ability, and working on that to bring further success, achievement and a belief in yourself

Outcomes.

Students will be able to understand that:

- *Having a belief in their abilities will help to improve resiliency*
- *Using past experiences, recording them and reflecting on how they made them feel will assist skills needed in tough times and in striving to achieve*

Resources Required.

- *Three things worksheet*

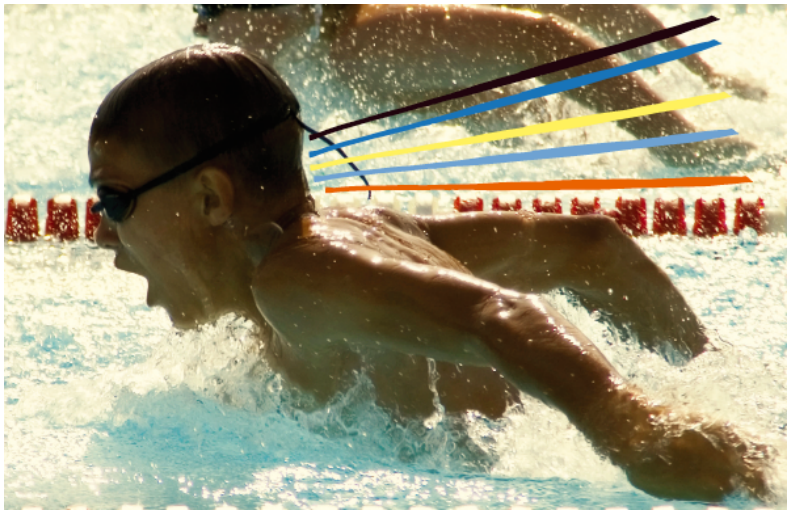
Activities.

1. Buzz idea: No knot unties itself! (15 mins)

I. Split students in to groups of eight
II. Each group stands facing each other
III. Each student reaches across and holds another students hands (be sure the two hands are from two different people)
IV. Students try to unravel themselves

2. Class discussion: (5 mins)

What is self efficacy: Give students definition *(Having success in something and then using that as a personal reference point for ability, and working on that to bring further success, achievement and belief in yourself)*

3. Students complete the 'three things' activity worksheet (20 mins)

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