

ACTIVITY: CELEBRITIES & RESILIENCE

Resilience Focus Area: **Emotions & Behaviours**

Learning Outcomes

*To understand what 'resilience' is

*To know a few 'celebrities' that have faced challenges and overcome them



Time	Activity	Method	Resources
	SIGN IN & CHECK IN	Ask young people to complete Sign In sheet Ask the group to say how they are feeling from 1-10 and if they want to share why	Sign In Sheet Pen
	WELCOME & LEARNING EXPECTATIONS	Explain to the young people we are working with what the aims and objectives of the session are.	Pen Flipchart
	RECAP GROUND RULES <i>If relevant or set ones for this session if necessary</i>	Explain to the group, people need to feel safe in order to share their views and experiences. Remind them of the rules we agreed last week: <ul style="list-style-type: none"> • Respect other people • Listen to what other people are saying • What people say, stays in the group (unless they or anyone else is at risk) • The more you put in, the more you take out! • Plus any additions from last week 	Ground rules pre-prepared and written up on a flipchart pen

Time	Activity	Method	Resources
	<p>ICEBREAKER</p> <p>WELLBEING BAG ACTIVITY</p>	<p>Explain to the group, there are items in the bag with a label attached. They should reach in the bag and pull out an item without looking and then read the question on label and answer it.</p> <p>Dependent on time, you could ask the group to state their answers too before moving on to the next person</p>	<p>Wellbeing Bag (see resources for contents list)</p>
	<p>DISCUSSION & ACTIVITY</p> <p>WHAT IS RESILIENCE?</p>	<p>Ask the group what they think RESILIENCE is? In x2 groups, ask them to write their ideas on the handout. Ask them to feedback to the group and write what they say up on a flipchart. Discuss what young people have suggested.</p> <p>Read out to the group:</p> <p>RESILIENCE is the ability to bounce back from difficult situations and to see problems as opportunities for learning and growth.</p> <p>RESILIENCE means:</p> <ul style="list-style-type: none"> • Seeing difficulties as part of life • Staying strong in yourself • Being able to tolerate discomfort • Being able to handle strong emotions • Reflecting positively • Thinking differently • Being willing to change and adapt <p>Discuss with the group their thoughts on this.</p>	<p>Flipchart</p> <p>Pens</p> <p>'What is resilience'? printed off on A3</p>

Time	Activity	Method	Resources
	<p>ACTIVITY</p> <p>CELEBRITIES, WHO ARE THEY AND WHAT HAVE THEY FACED?</p>	<p>From the pack of celebrity images, as an example, pick out someone and ask the group to name the individual. Ask the group what they know about this person. The group may already know of some of the challenges that person has faced and overcome. If not, give them an example.</p> <p>Now ask the group to look at all of the images and match up the image with the name. Get them to work in teams. Go through this with them and make any changes as required.</p> <p>Ask the group to think about any adversity that person may have had to deal with and write it down. Ask them to do some research on laptops if they have access.</p> <p>Bring the group back together and ask them to feedback.</p> <p><i>**Please note, you may want to go through the list in advance to ensure there are not any inappropriate suggestions for the group you are working with.</i></p>	<p>Celebrity Pack (see resources) with names and list of challenges they have faced</p> <p>Laptop</p> <p>Pens</p> <p>Paper</p>
	<p>DISCUSSION</p> <p>CELEBRITIES AND RESILIENCE</p>	<p>Discuss with the group what they have found out and how they think this might have affected the celebrity in question.</p> <p>What can we learn from this?</p> <p>Capture the discussion on flipchart</p>	<p>Flipchart</p> <p>Pens</p>

Time	Activity	Method	Resources
	<p>ACTIVITY & DISCUSSION</p> <p>WHO ELSE INSPIRES US?</p>	<p>Ask the young people to look around at what has been captured so far. Ask them to think about who else inspires them. Ask them to research if they have faced any adversity and had to demonstrate resilience.</p> <p>Record any suggestions made by the group and add it to the pack of information for use with another group.</p> <p>Ask the group to feedback on what they will take away from the session on how they will work to improve their own resilience</p>	<p>Flipchart</p> <p>Pens</p>
	<p>EVALUATION & CLOSE SESSION</p>	<p>Ask the group if they have any feedback or questions. Ask the group to complete the session evaluation forms.</p> <p>And finally, check out with everyone as before</p>	<p>Evaluation Forms</p> <p>Pens</p>



To access more resources, information and advice visit

www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





What is resilience?



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Famous faces and their road to RESILIENCE

CO-PRODUCED WITH YOUNG PEOPLE FROM NORTHWOOD & ROYAL HARBOUR ACADEMY

Who are they?



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk



They are:



Ludwig von Beethoven – Deaf from the age of 4

David Beckham – Suffers from OCD and was sent off in the World Cup and blamed for costing England the World Cup in 1998

Frida Kahlo – Badly injured after a bus accident

Malala Yousafzai – Shot in the head

Nicki Minaj – Grew up in poverty having moved from Trinidad and Tobago to New York

Jennifer Hudson – A family member killed her Mother, Brother and Nephew

Albert Einstein – Didn't speak until the age of 4

Buzz Aldrin – Struggled with addiction after landing on the moon

Jay-Z – Grew up in one of the poorest parts of New York

J. K. Rowling – Single mum and rejected 32 times

Charlize Theron – Mum shot her Dad

Stephen Hawking – Diagnosed with Motor Neurone Disease

Zayn Malik – Struggles with anxiety

Jesy Nelson – Bullied about her weight

Ariana Grande – Struggles with insecurity and confidence

David Walliams – Struggles with depression

Millie Bobby Brown – Bullied at school

Billie Eilish – Suffers from Tourette's

Professor Green – grew up with his Nan, suffers with depression and father committed suicide

Eminem – bullied and addiction issues

Oprah Winfrey – grew up in poverty



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk

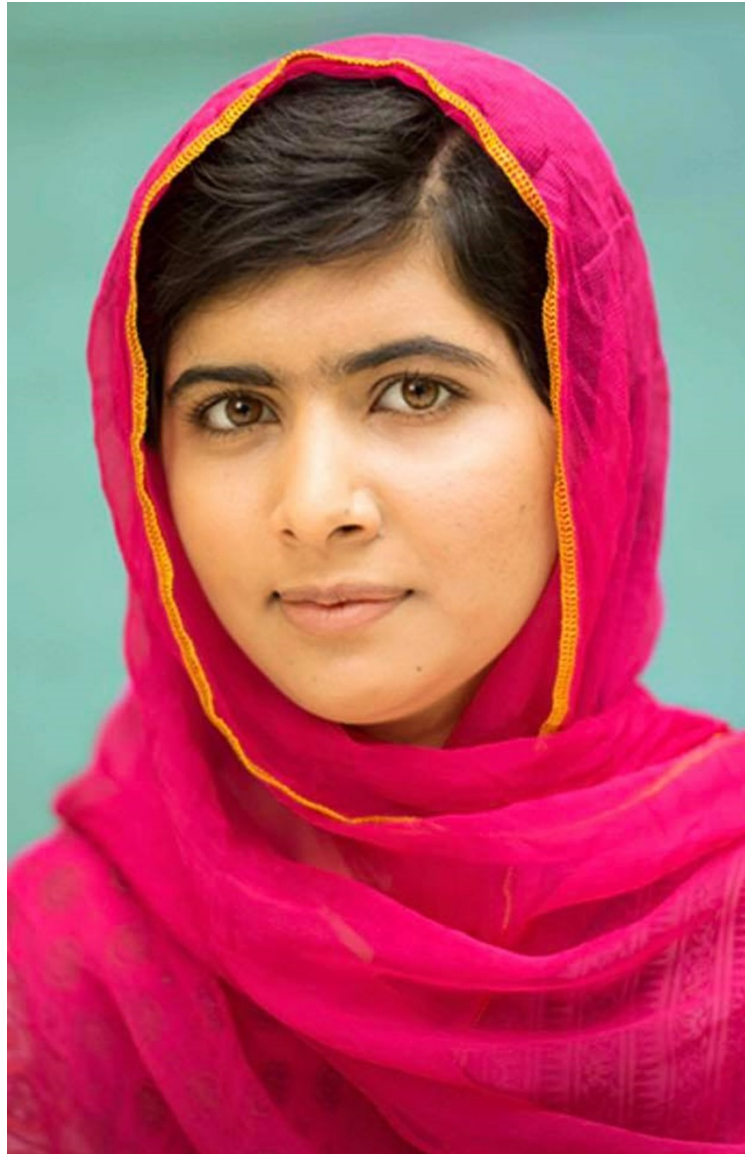




www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk

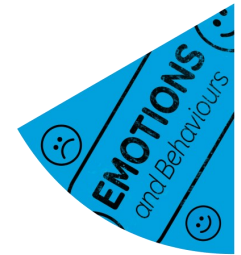




www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk

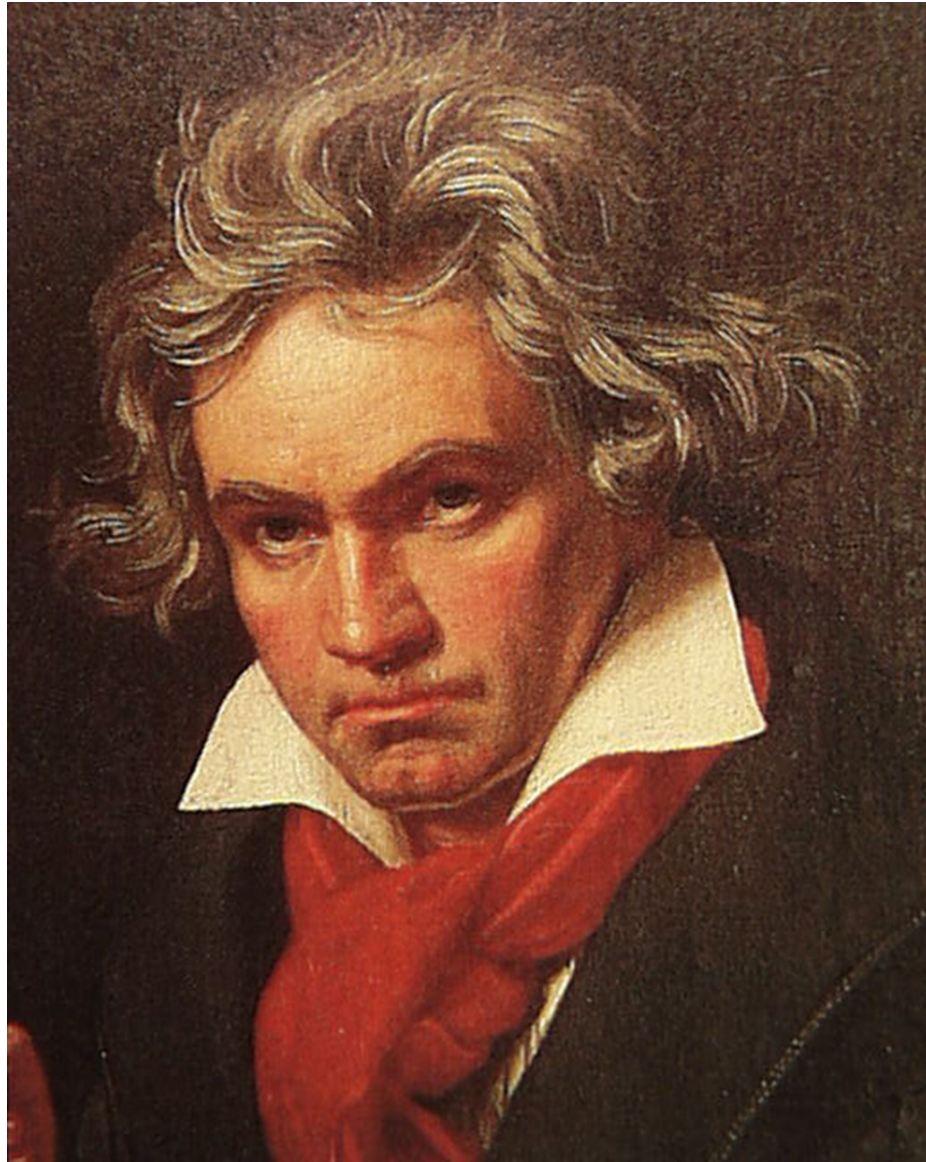




www.KentResilienceHub.org.uk

www.MoodSpark.org.uk

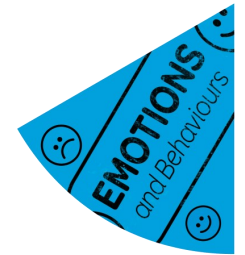
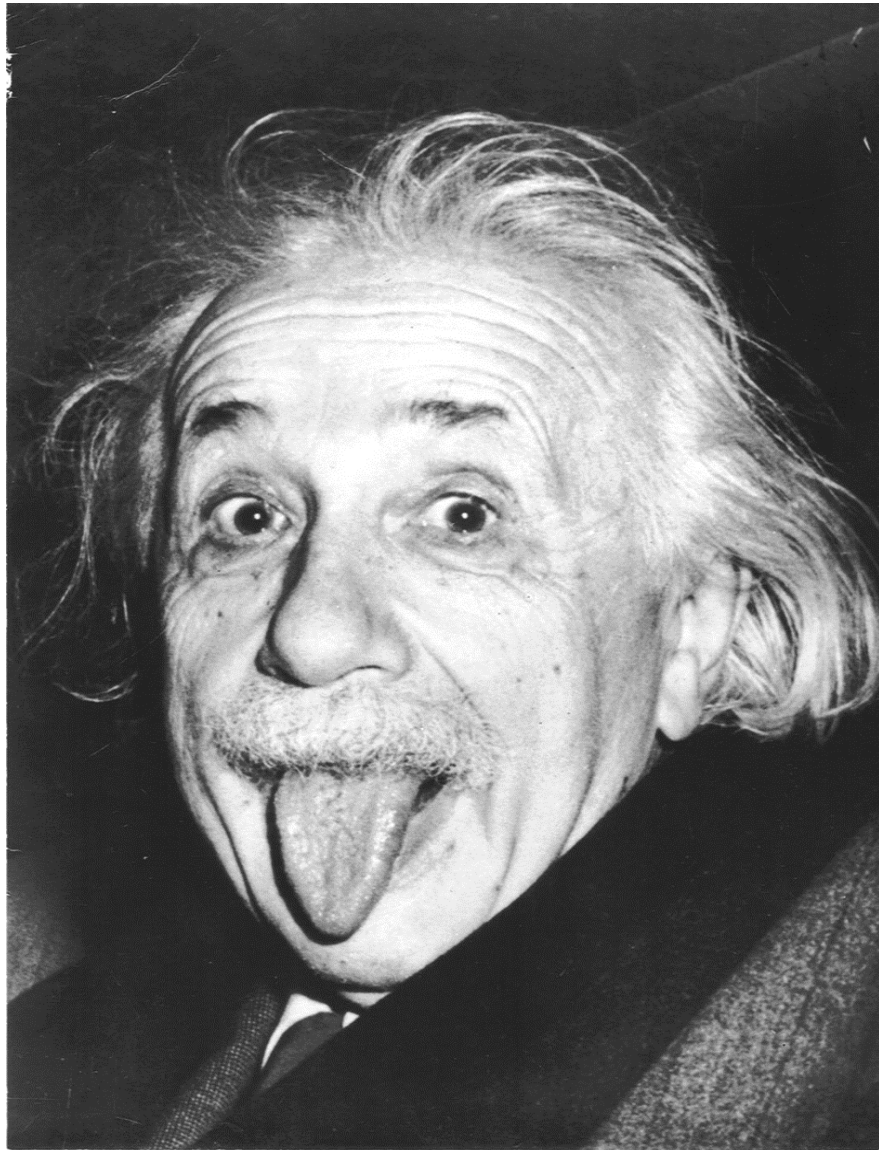




www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Stuart C. Wilson via Getty Images



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk

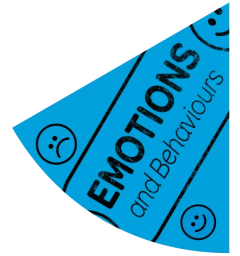




www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Now match the story to
the correct person



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Charlize Theron



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





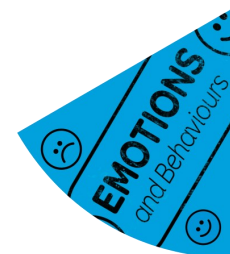
Jay-Z



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





J. K. Rowling



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Jennifer Hudson



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Nicki Minaj



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Malala Yousafzai



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Frida Khalo



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Albert Einstein



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Ludwig van Beethoven



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Stephen Hawking



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





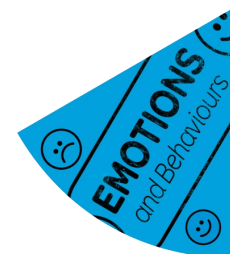
Buzz Aldrin



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Zayn Malik



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





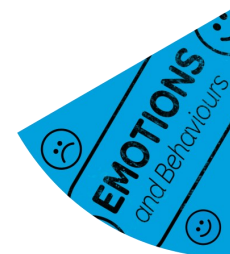
Ariana Grande



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





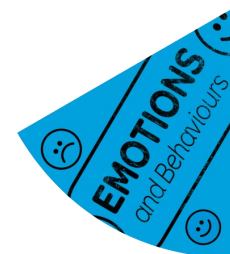
Billie Eilish



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Jesy Nelson



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





David Beckham



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Millie Bobby Brown



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





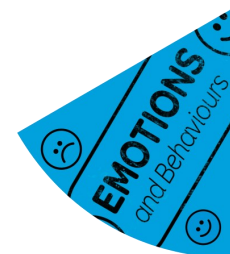
David Walliams



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





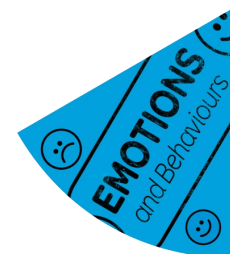
Professor Green



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Eminem



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk





Oprah Winfrey



www.KentResilienceHub.org.uk

www.MoodSpark.org.uk



WELLBEING BAG

This is a fun way to start a new group and support them to connect and find things they have in common.

Things you will need:

A brightly coloured tote bag

Parcel tags

List of items (see attached as suggestions to get you started)

Pen

Sellotape

List of questions associated to the items you have chosen e.g. what is your favourite....?

How to put together the Wellbeing Bag:

On each of the parcel tags, write a question and stick it onto the selected item, e.g. What is your favourite chocolate bar? Could be attached to the mini Mars Bar. Repeat for each of the items you have chosen. Once completed, put all the items in the bag and you are ready to go.

How to use the Wellbeing Bag with a group:

In your group decide who is going to take the first turn.

The first person introduces themselves and pulls out an object from the bag. They read the question and answer it about themselves.

Then put the item to one-side rather than back in the bag.

You can then ask them to nominate someone else in the group to share their answer too or if there is time, move around the rest of the group and get everyone to share their answers. It's then good to highlight all the commonalities amongst the group.

Repeat this until everyone in the group has had a go or until all the items in the bag have been picked out and the questions answered.

It is usually a popular game, so perhaps save some items for another time to play the game. You could also ask the group to add to the bag by coming up with their own suggestions about what items could be included and questions to be asked!

WELLBEING BAG CONTENTS LIST

Co-produced with young people from Thanet

Drink?	Can of Apple Tango
Food?	Paper plate
Photograph?	Photograph
Biscuit?	Shortbread
Sport?	Tennis ball
Piece of advice?	Penny
Gift?	Gift box
Book to read?	Book
Game to play?	Pack of cards
Person to make you laugh?	Chattering teeth
Weather?	Bottle of sun cream
Season?	Leaf
Toy?	Piece of LEGO
Person to talk with?	Old mobile phone
Power pose?	Plastic Wonder Woman
Person to spend time with?	Old watch
Instrument to play?	Harmonica
Genre of music?	Music sheet

Question	Suggested Item
<i>WHAT is your favourite...</i>	
Film?	DVD box
Song?	CD box
TV show?	Radio Times
Place to go on holiday to?	Euro
Chocolate bar?	Mars Bar
Colour?	Coloured piece of paper
Childhood TV show?	Blue Peter badge
Ice cream flavour?	Ben & Jerry's ice cream tub
Crisp flavour?	Packet of crisps
Youtuber?	Image of the YouTube logo
Party game?	Party hat
Lesson in school?	Textbook
Place to go?	Map
Spend your money on?	£ Pound coin
Sweets?	Packet of Starburst
Board game?	Monopoly icon
Fruit?	Plastic lemon
Animal?	Toy animal
Car?	Toy car
Item of clothing?	T-Shirt
Pizza topping?	Take away pizza menu

WELLBEING BAG CONTENTS LIST

Co-produced with young people from Thanet

<i>WHO is your favourite...</i>	
Actor/actress?	Oscar
Superhero?	Batman
Artist?	Art book
Disney character?	Mickey Mouse character
Cartoon character?	Loony Tunes logo

<i>WHO would you...</i>	
Most like to invite to go out for dinner with?	Plastic fork
Do on your ideal day?	Calendar
<i>WHAT is your best...</i>	
Achievement?	Medal
Memory?	Thinking emoji
<i>WHAT is your most...</i>	
Embarrassing moment?	Red faced emoji
Prized possession?	Key