



be awesome GO big

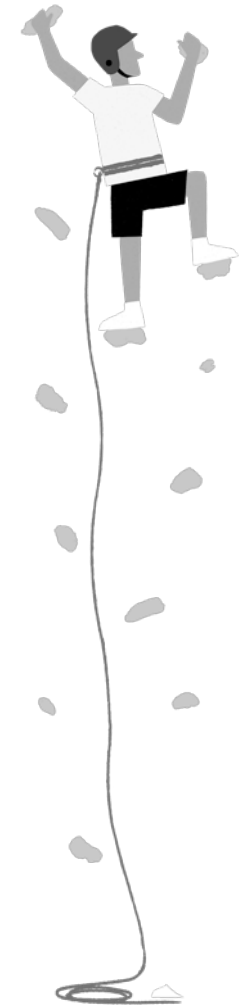
The PXL Club Ltd in partnership with Hachette UK

Session 6 'Bouncebackability'

In Session 5, we looked at being lost emotionally and physically, and we gave you some tips around the first few days of the big move to secondary school.

We explored ways of handling your nerves, excitement and emotion – remember the Triangle of Trust?

We are moving on to Session 6 now. We hope you are learning about ways in which you can be awesome as you 'go big'. We have a new word to look at today – 'bouncebackability'!



What is 'bouncebackability'?

It is something you have to work on, develop, practise, exercise and sharpen.

It is often called 'resilience' or 'grit'.

If you work on this, everything else falls into place!



Let's understand your expectations vs reality

Nothing comes easy. You will make mistakes along the way.

Make sure you have clear expectations about what can happen in reality.

Expectations:

I'm never going to fall off! This is so easy!



Reality:

I fell off straight away and barely stayed on the bike for more than a few seconds!

How do you handle bouncing back?

In your workbook, answer the following questions/finish the sentences:

- 1) I have shown 'grit' when...
- 2) I need to show more determination when...
- 3) How do you handle making a mistake? What is your reaction?
- 4) Think of a time when you made a mistake, were you kind to yourself?

When things go wrong...

The easy thing to do would be to say everyone else is wrong, insist you're right, refuse to take any feedback from anyone and keep doing what you're doing.

The tough thing to do – and the whole point of bouncebackability – **is to accept**

“I wasn't very good”.

Matthew Burton, 'Go Big'

At secondary school, you will make mistakes because that is how you learn and because you are just getting the hang of things.

1. You might handle a disagreement badly.
2. You might get offended more than you should.
3. You may fall out with people occasionally.
4. You might not score 100% on a test.
5. You might forget to hand your homework in on time.
6. You might not bring the right equipment.

Are you kind to yourself?

- You are going to have days where you feel fed up and times when you are upset.
- You may panic about the future.
- You may feel overwhelmed.



Are you kind to others?

Everyone has worries and sometimes people don't want to talk about them, but we can make a **HUGE** difference to the lives of other people with **KINDNESS**.



“Unfortunately, we can't fix everything for everyone, but what we can do, and what we should do every day, hour, minute and second, is be kind.”
Matthew Burton

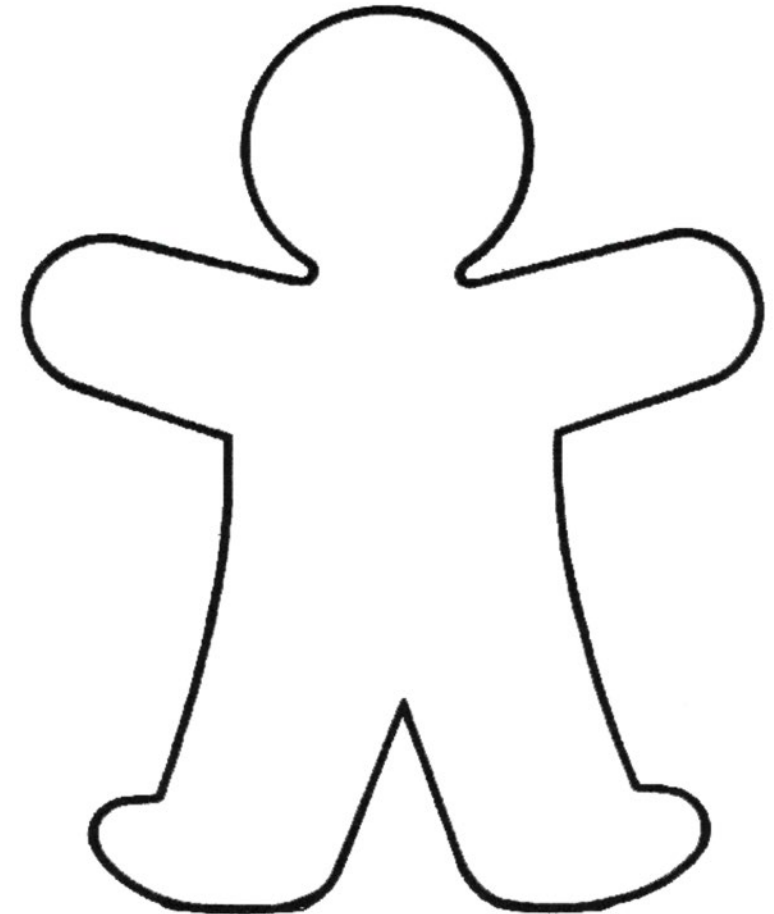
What does 'work hard' and 'be kind' mean?

Fill in the person outline in your workbook with all of the things that you can do to show you are working hard.

Now think about what you can do to be kind.

How many of these things do you do already?

Highlight the ones that you would like to do more of!



Whatever you do, don't give up.

There will be:

- tasks you find hard
- homework you can't do
- a grade you think you don't deserve

The best thing you can do is talk. Talk about life, things and anything you don't understand.

