



# RESILIENCE AWARD SCHEME

*for children aged 7-13*

There are 5 key ingredients of good mental health and emotional well being:

**Connect** (Include everyone in our social community, listen, be there, be a good friend)

**Give** (volunteer, time, your presence, your thanks)

Take **Notice** (watch out and notice others and be kind / caring, remember the things that give you joy, notice nature)

Keep **Learning** (be curious, think hard)

Be **Active** (exercise, go outdoors)

Children have to successfully complete all 5 sections to achieve the Award.



**Bronze Award** is primarily for children aged 7-9 (years 3 & 4) but can be done by any child aged 7-13.



**Silver Award** is primarily for children aged 10-11 (years 5 & 6) but can be done by any child aged 10-13.



**Gold Award** is for children aged 12-13 (years 7 & 8).



## GET ACTIVE

Participants take part in a sport or physically active pastime for



6 months



12 months



18 months

## Achievement log of your evidence and reflections

Name: .....

Age: .....

School: .....

Class: .....

Bronze, Silver or Gold Award level? .....

At all levels, students complete this Achievement Log. There are two parts to this:

## Section 1. Evidence

Evidence of physical activity for 6-18 months. Participants print off this form. This should be signed by a sports leader, coach, teacher or instructor who has been running the physical activity e.g. sports club, dance school etc.

### Get Active.

1. What physically active sport(s) or pastime(s) did you do?

.....

2. What day(s) of the week do you do this?

.....

3. How long have you been taking part in this club for?

6 Months  12 Months  18 Months

4. Photo of you doing the sport / physical activity:



5. Who led/supervised your sport(s)/physically active pastime(s)?

.....

6. Signature of your leader/supervisor to confirm you did the physical activity sport or pastime once a week for the length of time stated above:

Name .....

Role/organisation .....

Signature .....

## Section 2. Reflections

In completing these reflections, if you cannot think of an example from your Get Active experiences you could answer based on what you have learned from your life in general over the one / two years, not just what you have done as part of the scheme e.g. you could reflect on some general examples of when you have been a good friend.

Think and then write about what you have experienced / learned under these headings:

### Connect

Write examples of how you have connected with other people, included others in what you are doing, listened to others and/or been a good friend while doing this physical activity:

.....  
.....  
.....  
.....

### Give (*volunteer, time, your presence, your thanks*).

Write examples of how you have been a really good team player in your activity or how you have helped others within the activity:

.....  
.....  
.....  
.....

What impact has this had on you and the others in your club?

.....

.....

.....

.....

Take **Notice** (*watch out and notice others and be kind / caring, remember the things that give you joy, notice nature*).

Write examples of what made you happy and full of joy while doing this sport / physical activity:

.....

.....

.....

.....

How did you celebrate other children's successes and achievements?

.....

.....

.....

.....

Keep **Learning** (*be curious, think hard*).

What skills have you learnt whilst doing your activity?

.....

.....

What have you got better at?

.....

.....

Be **Active** (*exercise, go outdoors*).

How did you feel when you were exercising?

.....  
.....

Give an example of when you showed or developed **resilience** doing this activity:

.....  
.....

Give an example of when you showed or developed **leadership** doing this activity:

.....  
.....

Give an example of when you showed or developed **confidence** doing this activity:

.....  
.....

Signature of your class teacher/headteacher to confirm you have done these reflections:

Name .....

School .....

Signature .....



## Appendix

There are 5 key ingredients of good mental health and emotional well being:

1. **Connect** (Include everyone in our social community, listen, be there, be a good friend)
2. **Give** (volunteer, time, your presence, your thanks)
3. Take **Notice** (watch out and notice others and be kind/caring, remember the things that give you joy, notice nature)
4. Keep **Learning** (be curious, think hard)
5. Be **Active** (exercise, go outdoors)

There are key ingredients of good physical health:

1. **Nutrition.** A healthy, balanced diet of all the food types, including vitamins and minerals in the right proportions. A diet that is low in fat, sugar and salt.
2. **Regular physical activity**
  - a. Cardiorespiratory fitness
  - b. Strength and stamina
  - c. Flexibility and suppleness

All of the ingredients are included in the Award Scheme. By participating in this scheme, children will push themselves out of their comfort zone and develop:

- ★ Resilience
- ★ High Self Esteem
- ★ Confidence
- ★ Leadership

