

Building Resilience

Book List & Additional Staff Videos (Part 1)

Unit	Theme	Book List	Extra Video to show staff
Intro	Be Resilient 	'Oh the places you go' Dr Seuss*	Life's Ups and Downs (1m.45) https://www.youtube.com/watch?v=c5H9vb2b8M
1	Keep Connected 	'The Boy Who Built a Wall Around Himself' Ali Redford * 'The Cloud' Hannah Cumming 'Two' Kathryn Otoshi 'The Enormous Turnip' (Various) 'The Race' D H Groeberg	Rita Pierson TED TALK (7 mins) https://www.ted.com/talks/rita_pierson_every_kid_needs_a_champion?language=en
2	Respect Yourself 	'Zero' Kathryn Otoshi * 'Only One You' Linda Kranz 'On the Night You Were Born' Nancy Tillman	Odds of You Being Born https://www.youtube.com/watch?v=ISutXXevSAQ
3	Challenge Your Mindset 	'Dot' Peter H Reynolds * 'I can't do this' K J Walton 'Fantastic Elastic Brain' JoAnn Deak	Growth Mindset (Dojo videos included in Launch Assembly) 2.30 mins. Making Choices (Liz Murray who suffered severe neglect who went from homeless to Harvard. 3 mins) https://www.youtube.com/watch?v=O8H_i22_9hc
4.	Take a Moment 	'Cora's Dragons' Claire Colston* 'My Many Coloured Days' Dr Seuss	BBC Stress Video (included in Launch Assembly – 2.30 mins) https://www.youtube.com/watch?v=hnpQrMqDoqE
5.	Talk Things Over 	'My Huge Bag of Worries' Virginia Ironside* 'Is a Worry Worrying You?' Ferida Wolff & Harriet May Savitz 'Morris and the Bundle of Worries' Jill Seeny 'What do you do with a Problem' Kobi Yamada'	Educate the Heart – Shane Koyczan (2 mins) https://www.youtube.com/watch?v=SOYOa4Flj-Y