

# I Am Mentally Tough Worksheet

## TEACHER GUIDANCE SHEET

### Required Material:

- ▶ The I am Mentally Tough supplementary worksheet
- ▶ Pens or pencils

### L.O:

- ▶ To understand what it means to be mentally tough.
- ▶ To recognise when I can develop my own mental toughness through my reactions to situations in day to day life.

### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – As a group discuss what it means to be strong and tough, and how we can use this to be better people rather than being scary or mean.

### MAIN TEACHING (10mins)

Tell the children that it can be a good thing to be a strong and tough person.

Ask for volunteers to suggest why. There can be many reasons such as to deal with difficult situations or people, and to help with our own confidence or enable us to help others.

But really, as long as we don't use toughness or strength for bad such as to intimidate or bully others, then there is no real wrong answer. Building our mental toughness can help us be more prepared to deal with difficult situations in life as they arise.

Ask the children to think about how they could develop more mental toughness in their day to day life.

These could be such things as rising above an argument, or failing at something and trying again until they succeed, or even just trying something new. All of these things can help us

develop mental toughness, and therefore become a stronger, tougher person.

### MAIN TASK - I Am Mentally Tough (15mins)

**GUIDANCE** – If the children want to keep the points they note down confidential or do not feel comfortable writing them down then they can just think about it instead or explore a different worksheet.

Tell the class that we will be sharing situations that have happened to us recently that we feel have helped us develop better mental toughness. We will be looking at two specific situations where we may have reacted positively and therefore become mentally tougher.

The three situations are:

- ▶ A time I have tried, failed and tried again.
- ▶ A time when I set myself a goal and achieved it.
- ▶ A time when I have tried something new, even though I was unsure of it.

### PLENARY (2mins)

Ask for volunteers to share their work and explain how they think what they have written has made them mentally tougher.

## I Am Mentally Tough Worksheet

CHILDREN'S SHEET

Think of two examples that fit into the below situations when you feel you have become mentally tougher through your actions.

**I am mentally tough, and these are some of the reasons why...**

▶ **A time when I tried, failed and tried again:**

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▶ **A time when I set myself a goal and achieved it:**

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▶ **A time when I have tried something new, even though i was unsure of it:**

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