



# Obstacles Bobstacles Worksheet

## TEACHER GUIDANCE SHEET

### Required Material:

- ▶ Pens / Pencils
- ▶ Obstacles Bobstacles worksheet

### L.O:

- ▶ To recognise and be proud of what I have overcome.
- ▶ To understand the importance of resilience and perseverance.

### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Talk about the type of obstacles we might encounter and overcome in life. Then think about what obstacles we have faced recently, and how we have tackled them. Ask for volunteers to share.

### MAIN TEACHING (10mins)

Tell the children that we are going to be looking at how to build our resilience so we can tackle anything that life throws at us. We will be looking at some key skills that we can practice that will help us better cope with stressful situations and even possibly improve our problem solving skills. Ask for volunteers to suggest what they think resilience means.

We will be looking at some key positive practices that we can try everyday that will improve our resilience.

The three positive practices that we are going to look at are sleep, eating and gratitude. For each, we are going to write a short list of ways in which we can improve these points in our life and the benefits we might see from them.

#### ▶ Sleep

Getting a good night's sleep can improve our memory, concentration and decision making.

However not getting a good sleep can increase stress and anxiety. One way to improve sleep quality is by limiting screen time for at least an hour before going to bed.

#### ▶ Eat the Alphabet / healthy diet

Think of one healthy food item for each letter of the alphabet (i.e Apple, Banana, Carrot, Dates... etc) and try to eat one of every letter a day for as long as you can. This makes healthy eating even more fun, and everyone knows a good diet does wonders for our mind and body.

#### ▶ Gratitude

Shifting the way in which we think about our lives can make a big impact. Such as not thinking about what we did on a given day, but thinking about what we are thankful for, what we did to help someone or something new we have learned. This can help shift our whole mindset to being more resilient. What are other ways we can practice more gratitude?



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### MAIN TASK - Obstacle Bobstacle (15mins)

Facing and overcoming obstacles help us become better and stronger people. Practicing overcoming obstacles can be fun.

Tell the children that they will be designing an obstacle course that they can build over the summer holiday, to try with their friends and family. Make sure they are realistic with the items they use throughout the obstacle, but they could maybe put a story to it to turn it into a real adventure.

### DID YOU KNOW!

Having a more positive mindset can increase our resilience a great deal.



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CHILDREN GUIDANCE SHEET

You may have overcome many obstacles in the past and you should be really proud, but you can never be too prepared. Design an obstacle course to build over the summer holiday to practice your skill at overcoming obstacles.

Make it as easy or as hard as you like and try it out with your friends and family.

