

pages
76
plus
54, 57, 75

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RESILIENCE ...

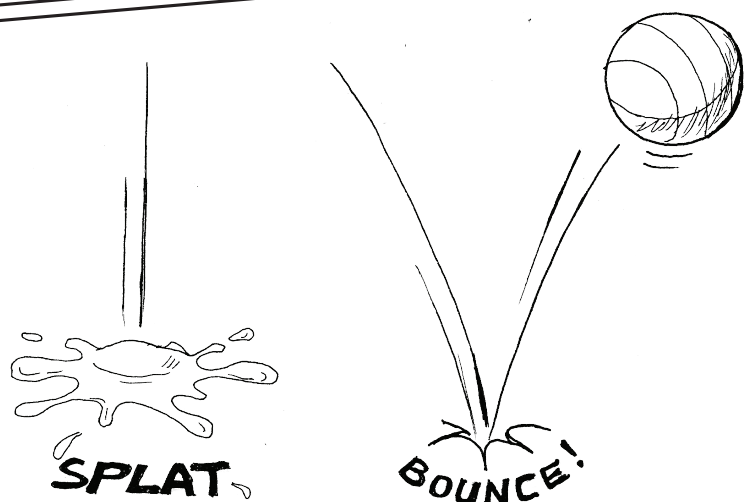
BOUNCE BACK!

Resilience is a big word. It means the ability to bounce back from the various incidents that happen to us in life. Mostly life bubbles along, but every so often we can get some body blows that upset us. Already you could have had some things happen to you, like the death of a grandparent or pet or being left out of a team that you were keen to be part of, finding some subjects hard or having a falling out with friends.

We all have these moments and an important life skill is to be able to bounce back, which is very often hard to do. A good example of people being resilient are Paralympians. Another example is to bounce a pumped up basketball and a flat one.

ACTIVITY

Are there other examples of resilience? Listen to other students tell their own stories of how they overcame disappointments.

A drawing of a ball hitting a surface and splashing, with the word "BOUNCE!" written below it. The drawing is simple, with a ball at the top right, a vertical line indicating its path, and a splash at the bottom. The word "BOUNCE!" is written in a bold, stylized font.

MENTAL TOUGHNESS ...

At the highest level of sport, business and life generally, Mental Toughness is an important ability to have. Mental Toughness means to practise, to concentrate on the task at hand, whether it is schoolwork, sport or a job we have to do at home – to start it and be focused on what you have to do until you complete it.

Can I get started and do tasks fairly quickly or do I need constant reminders from parents or teachers to finish the work that has to be done?

What can I do to improve my Mental Toughness?

SELF-DISCIPLINE

It is a real growth moment in our lives when we can say that we don't need any external discipline, that is, people watching over us if we are going to study, work or play, at home or school.



ACTIVITY

Give two examples of things that you could work on:

1. _____
2. _____

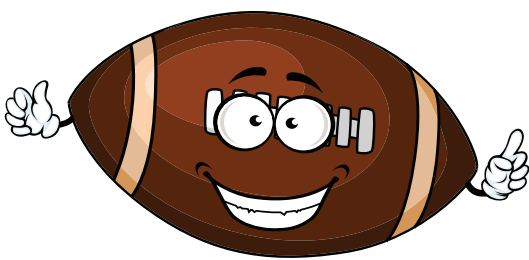
WIN THE HARD BALL ...

By the time we are in the senior grades of primary school we realise there are things we have to do in life that are hard. If we walk away from everything that is hard it only makes life more difficult. There are times when we have to make difficult choices. As in any game we play, there is always the hard ball to be won – jobs around the house, volunteering at school, etc.

ACTIVITY

Do I walk away from hard times in life by sulking, blaming others?

How can I improve in this area?



GROWTH MOMENTS ...

THE "OH YEAH" MOMENTS – THE HOLY SPIRIT THROUGHOUT OUR LIVES

When we look in the mirror each day to comb our hair we think we look the same. We don't notice the difference in us until we look at photos taken when we were 3-5 years old and then we notice how much we've grown. The same with subjects at school – only when we review how much we've improved in reading, maths, writing and other subjects. Since Grade 1 do we realise how far we have come?

Like our character and personality, we grow as well. We have Growth Moments and sometimes we surprise ourselves when we volunteer to clean up, invite others to join in games, share lollies and chips and more.

When we become unselfish in our dealings with others, these are the Growth Moments and it is good to recall them. Growth Moments are also closely linked with God Moments. A few examples are given below.

We all have a **Blind Spot** – and very often other people can see our Blind Spot and we can't. Sometimes it's good to think back to what we've been told since we were four or five by our parents and teachers, and if we're still doing the same thing, that is our Blind Spot. When we decide to do something about our Blind Spot, that is linked to our Growth Moments as well.

Character Development Moments are moments when you go against yourself and grow a little.

MY GROWTH MOMENTS

1. Sharing lollies or chips with a crowd and you hardly have any yourself.
2. Invite a person into your game or group that seems to be lonely.
3. Volunteering to do jobs at school not necessarily in school time.
4. Pass a ball to someone in a game who is not getting the ball much.
5. Be more welcoming – say "Hello" to Prep, Grade 1 children, etc. Introduce yourself and speak to children in your class that are left out.