BOYS CAN PROGRAMME: RESILIENCE SESSION

30 June 4pm

www.britishcouncil.org
**BOYS´ SESSION: CODE OF CONDUCT**

• This session is a space to listen and treat others with respect at all times

• No swearing or inappropriate language in the session or in the chat

• Please keep your microphone on mute when you’re not speaking to the group

• Raise your hand when you want to speak using the ´hand´ icon

• You can also post questions and comments in the ´chat´ function: comments should be related to the session only

• If you’re having problems with your internet connection, try turning off your camera.

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Boys Session: objectives for today

Today we will:

• Learn about what is **resilience**
• Think about **challenges** we face and ways we can cope with them
• Practise positive self-talk and learn how this can make us more **resilient**
• Find out about our summer **Boys competition**!
Song: Inna Real Life

• What do you think is the theme of this song?
Resilience: Bouncing Back, Bouncing Forward

Resilience is the ability to:

• Cope with difficult situations, overcome challenges and bounce back from tough times

• When you’re resilient, you can face difficult situations, learn from them and move forward, so you’re better able to manage new challenges in the future

• We’re not born with resilience – there are skills we can all learn to become more resilient
Which picture do you think best relates to resilience and why?

**Picture 1:**
Shane Mosley vs. Antonio Margarito in the boxing ring

When the chief second in a fighter’s corner wants to stop the fight, he throws a towel into the ring.
Which picture do you think best relates to resilience and why?

Picture 2:
Manchester United fighting to win their game after several losses
Which picture do you think best relates to resilience and why?

**Picture 3:**
After been lock away in prison for years, Buju Banton walk free and begun singing for the world again.
Which picture best relates to resilience and why?

**Picture 4:**

Floyd Morris, sworn in as the first blind president of the Jamaican Senate
Discussion space: hearing from the boys

- What situations do you face where you need to be resilient?
- Are there any challenges you’ve been experiencing in lockdown?
- How do you cope and stay resilient?
- How do you talk to yourself to keep going?
- What do other people say to help you?
- Do some people say things that try to bring you down? What do they say?
Hearing from the boys

How do you cope with difficult situations?

• Reading books
• Listening to music
• Speaking with family
• Taking a walk
• Talking to friends
• Prayer
• Self-counselling
• Learning something new (for example Khan Academy: https://www.khanacademy.org/)
ABC: Adversity, Beliefs, Consequences

• Our thoughts (conversations in our head or self-talk) are very important. They can lead to negative feelings and actions about a situation, or positive ones.
Self-Talk: How does it affect us?

- Our thoughts and self-talk can change how we feel and what we do, in the same situation.
- So, if we take control of our thoughts, we can take control of our feelings and actions.

**Negative thoughts** can lead to negative feelings.

**Positive self-talk** can lead to more positive feelings.
Activity: Our thoughts

- Think of a **challenge** you have in your life now and write it down
- Draw a thought cloud
- What do you tell yourself to stay **resilient** when you confront that challenge? What do you say to **keep yourself going**?
- In your thought cloud write this down
Activity: What others say to you

• Draw a speech bubble

• Think about some of the words other people use to help you keep going

• In your speech bubble, write this down
BOYS CAN: Summer Competition!

BOYS CAN!
SUMMER COMPETITION:
BE RESILIENT!

Competition theme:
Show us how you’re feeling in lockdown and what resilience means to you.

Your competition entry can be in any creative form you like: story, poem, rap, song, picture, photo, etc.

WIN PRIZES!!!

COMPETITION CLOSING DATE:
31 JULY 2020

Send your competition entry to:
jm_bjamaica@britishcouncil.org

www.britishcouncil.org
Feedback and takeaways from today

- Being resilient means we can bounce back and move forward
- This is something we can learn
- Our thoughts can change how we feel and what we do
- Positive self-talk can help us be more resilient
- Positive messages from others can also help us keep going
Thank you!
Song: Inside