



## RESILIENT ME FACTSHEET

# The Circus of Life Workshop - KS3

### Overview

Learning to navigate life is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

From a unique, fun perspective this workshop looks at all the demands being placed on today's children – inside and out of school - and shows them how to find balance, look after themselves, become resilient and take control of their future.

Stress is becoming an increasing problem for young people today. They are living in an increasingly fast-moving world with higher than ever expectations both in the school environment and at home - and with every aspect of their progress being scrutinised relentlessly.

This workshop is designed to help young students become resilient to these pressures by helping them to understand their own areas of difficulty whilst looking forward in a positive and inspiring way.

### Benefits

- Students look at their use of internal language leading to resilient thought processes i.e. *"I can't do that"* versus *"I can't do that yet"*.
- Students learn to identify weak or difficult areas in their life and look to find ways of making positive, confidence-building changes.
- Students look at well-being and are shown an holistic approach to minimising stress.
- Students are encouraged to develop a growth mindset focusing on their desired outcomes.

### Content

The workshop is split into three main areas: resilience, growth and wellbeing.

Each area contains fun exercises and information designed to encourage personal awareness and development leading to reduced stress levels and increased resilience.

To be effective learners both our body and our mind have to be fit and healthy so this workshop takes an holistic approach addressing body, mind and spirit

### Delivery Options

#### FACE TO FACE or VIRTUAL

Year groups: 7-9

Duration: 2 x 2hrs, 3 x 80 minutes or 4 x 1 hr

Audience: Up to 150 students per workshop

#### ONLINE

Duration: 10 Modules of approx 15 minutes each with recap tests

Audience: nominated student group(s) plus FREE access for teachers and parents

#### This workshop supports:

Ofsted Education Inspection Framework

- 3I's • Behaviours and Attitude
- Personal Development

### Learning Outcomes

- Students learn to challenge habitual thought patterns replacing stress inducing language with resilient language.
- Students identify the weak or difficult areas in their life and make plans to change these positively.
- Students learn how to take an holistic approach to their well-being thus combatting stress illness.
- Students begin to develop a growth mindset.



**resilientme**  
STRENGTH THROUGH UNDERSTANDING

**Our workshops are fast, fun and interactive. If you believe that mindset and preparation are the key to success then call us now on 01778 349613, email us at [info@resilientme.co.uk](mailto:info@resilientme.co.uk) or simply click on the link below...**

**[www.resilientme.co.uk](http://www.resilientme.co.uk)**