
Weaving Well-Being Tools of Resilience Programme Samples

Pupil Book

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Lesson 2

Activity 1

Activity 2

Homework





Tools of Resilience 1 - The Jigsaw of Perspective



Perspective means how you look at things. We can use perspective to see the big picture, not just the problems in our lives. The Jigsaw of Perspective helps us to do this.



Think and talk about these quotes on perspective. Draw a poster of your favourite one, or make up your own.

Sometimes we forget how lucky we really are.

We have family, friends, food, education and so many other things that are good in our lives.

Let's remember to appreciate all the good things!

“We can complain because rose bushes have thorns, or rejoice that thorn bushes have roses”

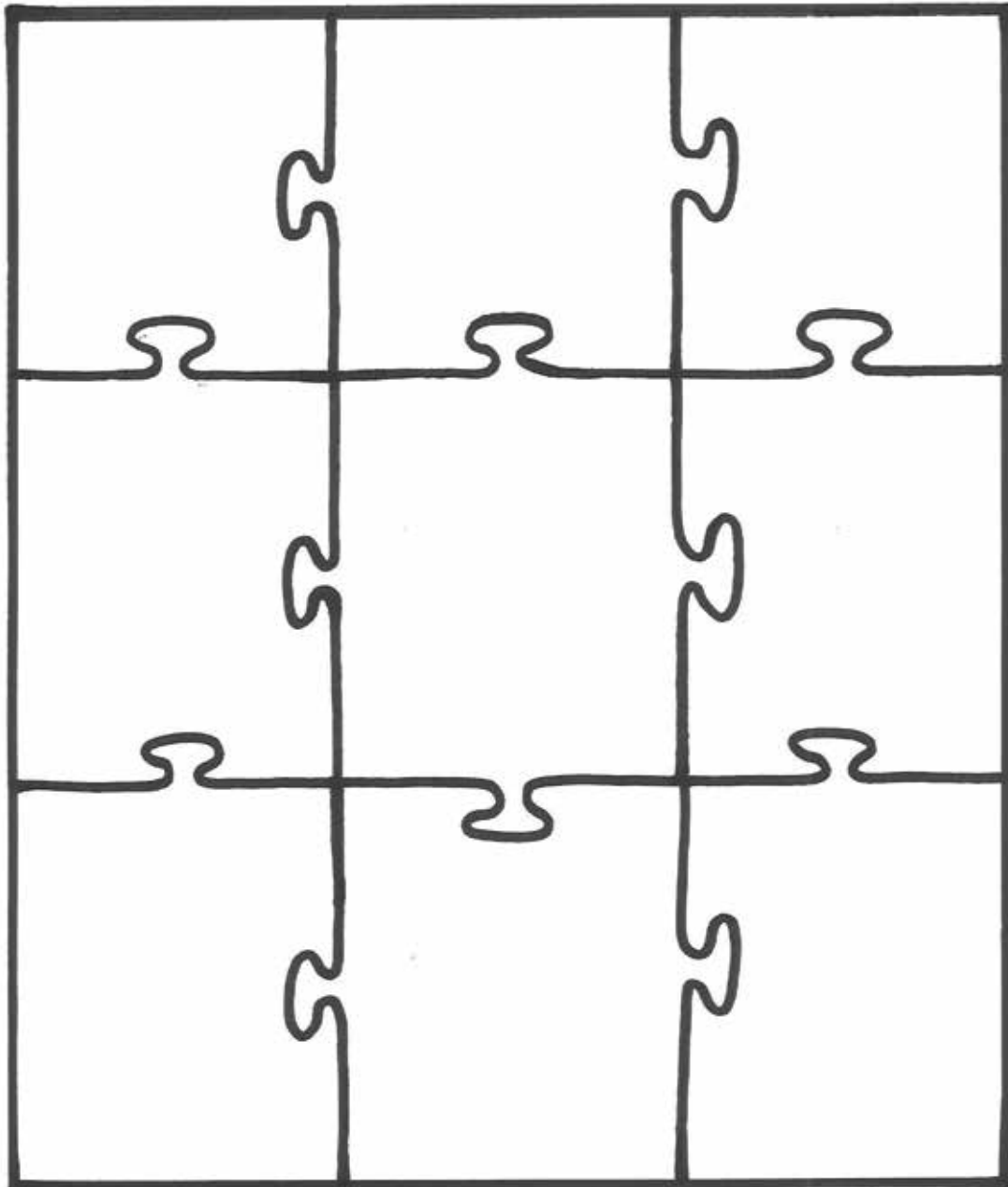
Abraham Lincoln

What will you focus on today?
Don't forget to notice the good stuff!

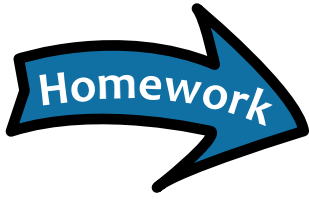


Draw your own Jigsaw of Perspective

Fill each piece of the Jigsaw with all the good things in your life. Then decorate each piece with pictures, colours and patterns.



Remember to leave a blank space in the middle for your problem. When your problem is upsetting you, use your Jigsaw of Perspective to help you see the big picture of your life, not just the problem piece!



Lesson 2 Homework:

Try to use your Jigsaw of Perspective this week to help you with small upsets or problems. Draw a picture of how you used it and write a few lines about it below:

Think about a time when you may have let a problem or disappointment become out of proportion. Could the Jigsaw of Perspective have helped you?

Parental Signature/Comment: