

## THINGS DON'T ALWAYS WORK OUT THE WAY YOU'D LIKE



I remember being 8 years old. I had just joined the Brownies and their Annual Sports Day was fast approaching. I was doing the Space Hopper race. Great Fun! I practiced for hours in the garden and was getting quite good. The day of the race arrived, I was excited and nervous all at the same time. On the starting line my tummy turned somersaults but I was ready, I'd been practicing. The whistle blew and we started bouncing down the lanes... But then, half way down the track, one bounce too hard I sprung off, collapsed on the ground and lay there watching my competitors bounce on.

What did I do?

I'll be honest I burst into tears, threw my big, orange hopper at my mum and dad and got very cross. I was disappointed, angry and probably very embarrassed. I'm sure my parents were too!

What could I have done?

Been more RESILIENT (the ability to bounce back when you face a challenge, change direction, persevere and keep on going).

Got up, bounced on and finished the race. Not always an easy task but a very useful life skill.

Ask you family:

- Can you describe a time when things didn't work out the way you'd have liked?
- What did you do?
- How did it make you feel?

In school, we often talk about famous (and not so famous) people who have been RESILIENT when things haven't always worked out the way they wanted. We plan to share lots of their stories with you but for now this is one of our favourites.

Derek Redmond was a GB Olympic Athlete, he used to run the 400m. He trained hard but during his career hamstring and tendon injuries had stopped him competing in the 1986 Commonwealth Games in Edinburgh and the 1988 Seoul Olympics. He could have given up but he didn't he trained, recovered from injury and was ready to compete in the 1992 Olympics in Barcelona.

In the first round he ran his fastest ever 400m. On the day of the semi-final he was ready.

Watch what happened in that race...

<https://www.youtube.com/watch?v=rCAwXb9n7EY>

Ask your family:

- What would you have done?
- Why didn't he give up?

- What helped him?
- Why is family so important?

Derek Redmond didn't want to be stretchered off the track. He wanted to make it to the finish line. He needed support and encouragement – his Dad knew that. Jim, Derek's dad said to his son, 'We're going to finish this together.' Derek's dad helped him to approach the finish line but he also knew when to let go...he knew his son had to do the last bit by himself.

What a great story of RESILIENCE and the importance of family support and encouragement.

Sit quietly together. Think about times when your family have helped each other to be resilient, to keep on trying and not give up.

Ask your family:

How could we all be more resilient when things don't always work out the way that you would like?

*'Falling down is part of life. Getting back up is living.'* Anonymous