

Who is Fitzy Fox?

Social & Emotional Learning Worksheets for Teachers/Counsellors

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BUILDING RESILIENCE

Tell the class: 'Resilience is a word you have probably heard of by now either at school, at home, on the TV or in the community. Any ideas as to what it means?'

Resilience refers to a person's ability to bounce back after being knocked down (not always to be taken literally of course). Resilience means to be able to come back stronger after a setback, fighting with even more determination and strength than before. Our hero Fitzy Fox was indeed a resilient 'dog'.

Ask the class: 'In what ways do you think Fitzy Fox showed resilience?'

Answers could include

- Fitzy showed resilience when he made the decision to **do** something about his feelings of confusion. He was determined to find answers to the question; was he a dog or a fox.
- Fitzy showed resilience when he decided to take a big risk; leave home on his own and search for answers in a city unknown to him.
- Fitzy showed resilience when he got to Buckingham Palace only to find the Queen not at home. Rather than giving up, he took the advice of one of the guards and went to Hyde Park to continue looking for answers.
- Fitzy showed resilience when he accepted the fox's invitation to dinner. He knew he still didn't have the answer he needed yet was able to put that to one side and share a meal with some new friends, as well as, politely eat English steak and kidney pie!
- Fitzy showed resilience when he was able to return home without the answer to his big question.

It's important here to stop and think about what might be the opposite of resilient. Such actions could be described as 'unhelpful' actions.

Ask class 'Any ideas as to what some unhelpful actions might be?'

Answers might include: blaming others, getting angry, becoming stubborn, refusing to talk things over, putting yourself down, thinking negatively

Let's now put all of this leaning into action!

Let's use Fitzy Fox as an example:

Feeling	Thought	= Action
'I'm confused' 'I feel sad' 'I feel disgruntled'	'I'm going to do something about this!'	Begins searching for answers; steps into the unknown; takes risks and eventually has success!

Ask the students, 'What would have happened if our Fitzy was not as resilient? He would have still had the same feelings of confusion but his thoughts and actions would be different. What do you think?'

Answers may include:

- Fitzy may have thought 'It's just not fair this is happening to me! I want answers and I want them now!' and then he may have carried out moody, angry dog actions. No one would want to spend time with him and he would never find his answers.

Tell the students, 'Now it's your turn to think of a time when you carried out some unhelpful actions. Think of a time when you didn't do the helpful thing: maybe a time when you damaged or hurt some thing or someone or a time when you yelled at someone or hurt their feelings. What feelings did you have? What thoughts did you have? What were your actions? Write this on the first page of the Building Resilience Worksheet.'

Now imagine what would happen if you had the same feeling but you changed your thoughts and your actions to be more positive. Fill this out on the second page of the Building Resilience Worksheet.'

Students now complete the *Building Resilience Worksheet*.

Conclusion:

So you can see, by choosing to change your thoughts you are choosing to change your actions.

Ask the students, *What positive thoughts are you going to say to yourself today?*

For example: You Can Do It! Be Brave! Try Something New! You are Amazing!

Take a Chance!

