

Be *Brilliant*





The current Year 6 and Year 5 have both taken part in a workshop called 'The Art of Brilliance.'

The workshop helped us to understand the importance of us all feeling happy and positive and how just making these changes to ourselves can have a huge difference on our lives.

After all, you shine the brightest when you are your best self!



Our aim as a year group now, is to promote being happy and positive children across the whole school but it's up to you to take responsibility and choose to be positive!

Take personal
RESPONSIBILITY

Choose to be
POSITIVE

**We don't want to feel like
your average, boring person!**



**We want to
feel**



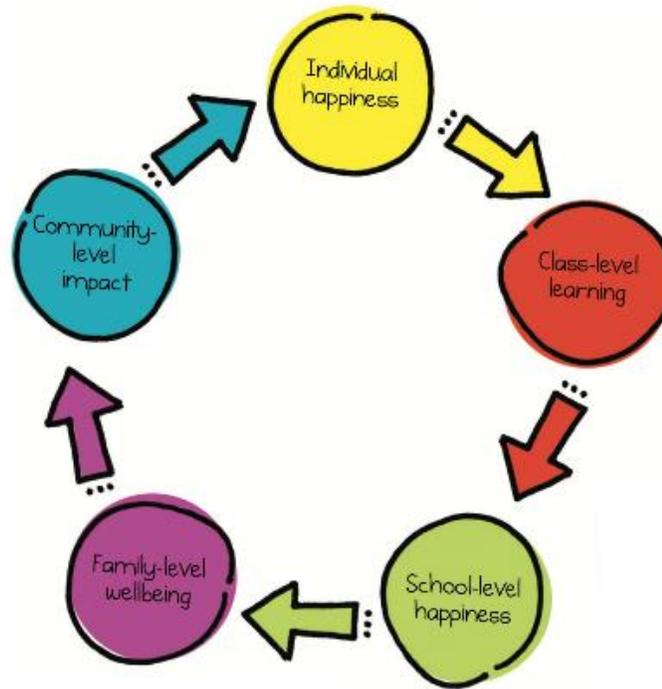
EXTRAORDINARY

In a few months time, the people who came in to lead the workshop will be coming back to complete an inspection!

They want to look at all the hard work we will have done to ensure that we are a happy and positive school.

The INSPECTION AREA

We will support you and your children to focus on real, demonstrable impact in five key areas:



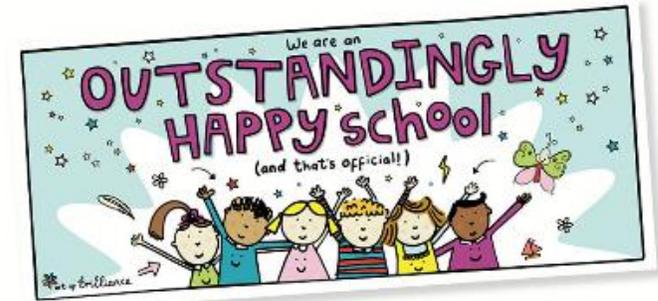
Individual: How have my actions made me happier?

Class: How have our actions improved our learning?

School: How has our positive approach made our school happier?

Family: How have we made a difference at home?

Community: What have we done to lift our community?



← Tada!

BOUNCEBACK- ABILITY



**This morning, we
are going to focus
on
'Bouncebackability'**

**And yes, this is a
real word!**

**We believe that
bouncebackability
is a real life
superpower!**

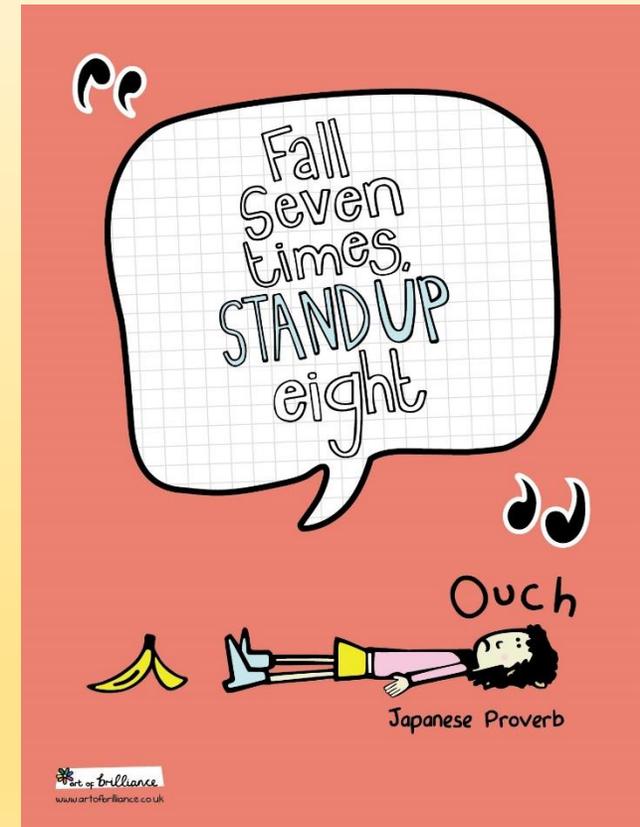


bouncebackability

We're going to show you a short video.

I want you all to think about the events that take place and how the main character reacts to the situation.

<https://www.youtube.com/watch?v=CbDxtKx9FhE>



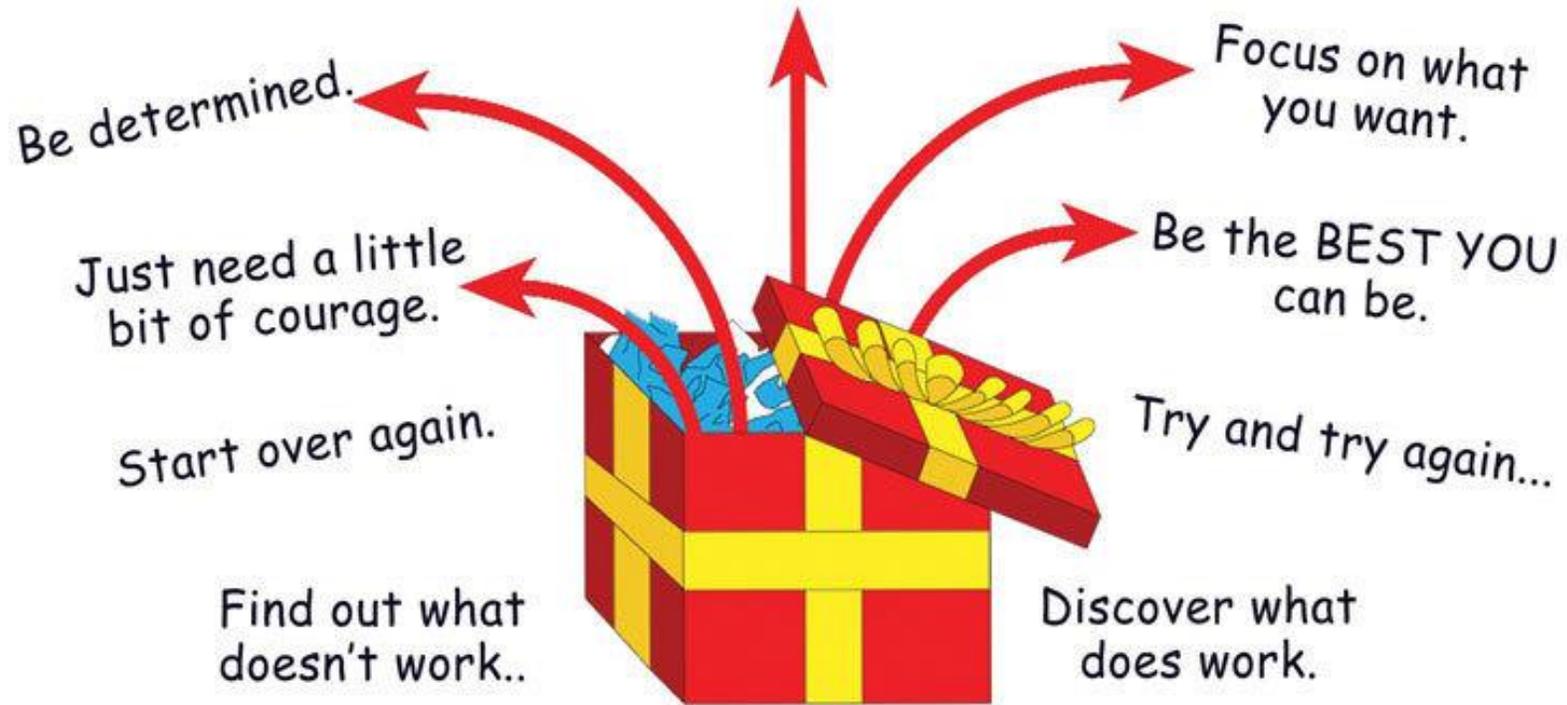
What is the meaning behind the video?

If something is difficult or doesn't go the way you want it to, always be resilient and overcome the obstacle in order to achieve!

Instead of giving up; we will try a new strategy. If something is too hard; give yourself time and try harder.

Bounce back from a negative and stay positive.

Bounce-back-ability





**Can you think of any times at home
or at school when we should try
and use bouncebackability?**

Questions to help you
bounce back when
something doesn't go the
way you want it to...

1. In the big scheme of my 4000 weeks or 80 years, is this actually a big deal?
2. Is my response in proportion to the event (or are my emotions playing tricks on me?)
3. How would the best version of me react?
4. What learning can I take from this situation?
5. How might that learning help me in future situations?

So remember:

BE POSITIVE!

DON'T GIVE UP!

SHOW RESILIENCE!

BE THE BEST YOU CAN BE!

Dear God,

At the start of this school day, please help us to be happy and positive children.

Help us to not give up and show resilience in all that we do.

Amen