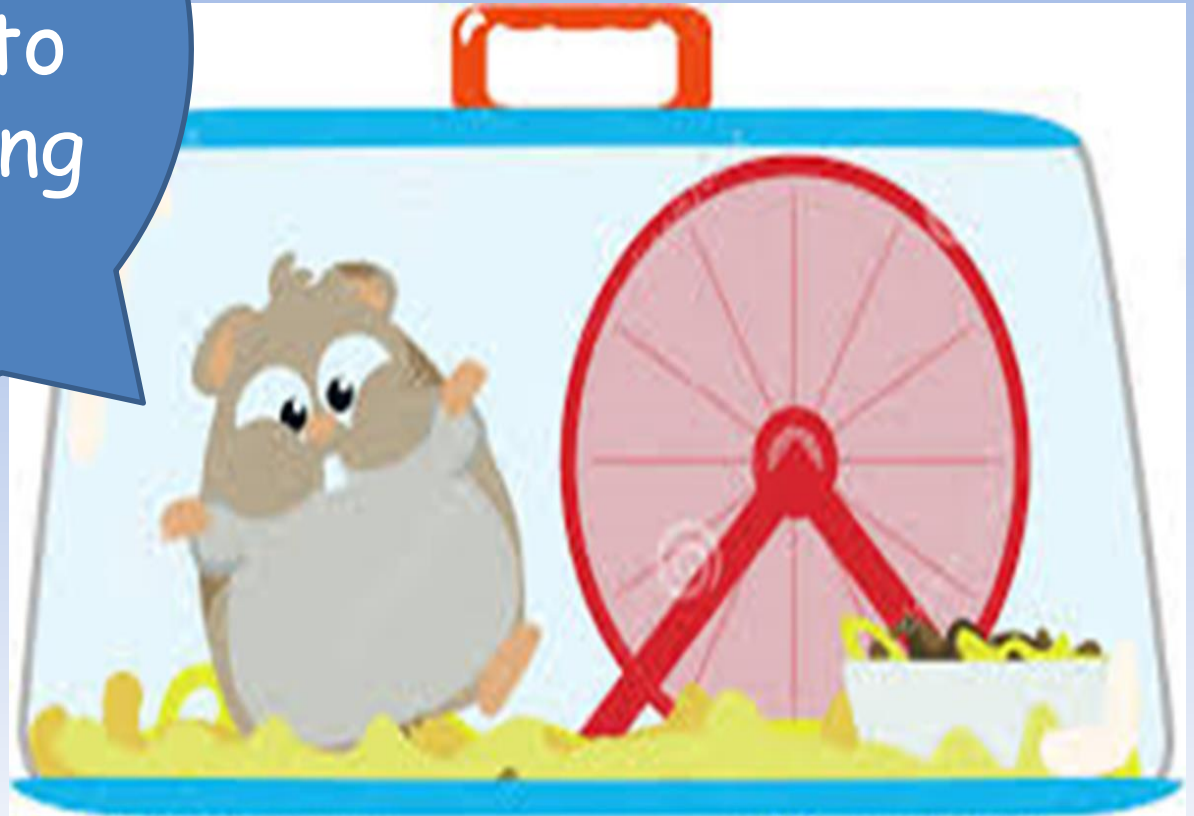


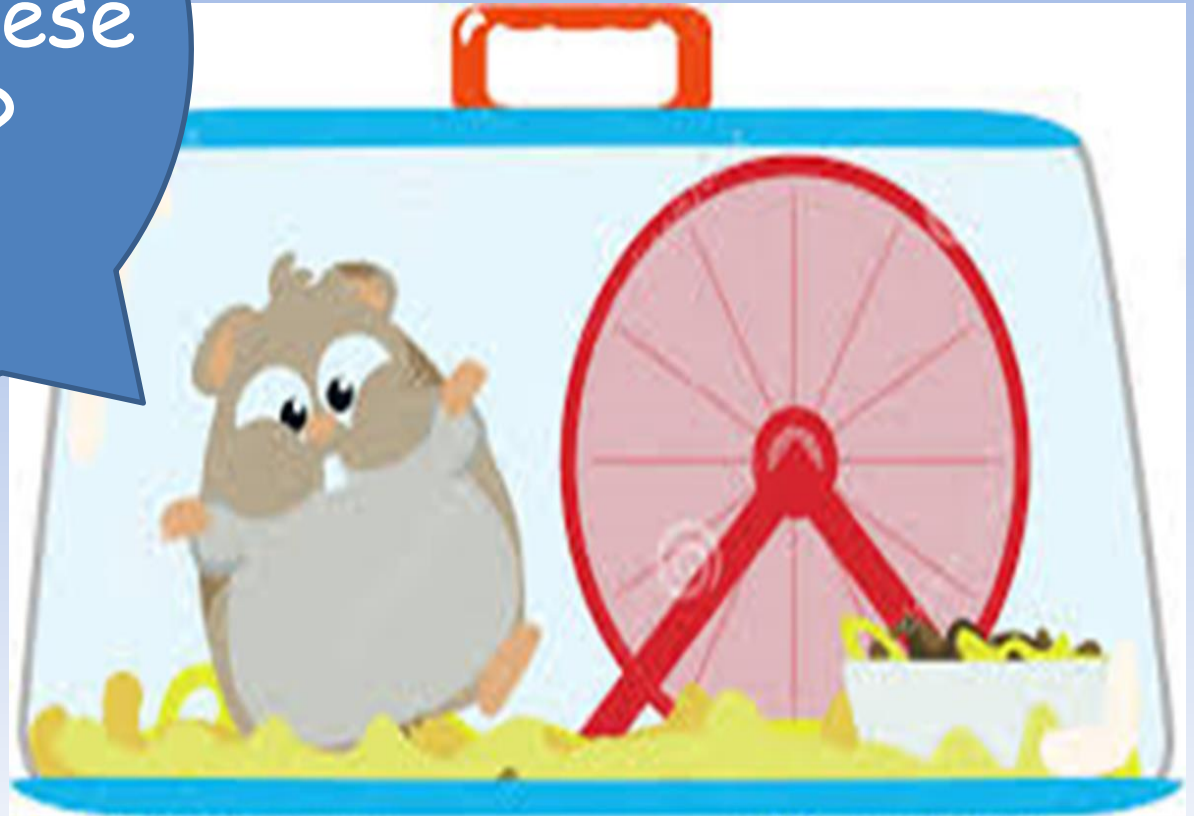
# Gerald the Gerbil



Hi, my name is  
Gerald and I'm  
here to talk to  
you about being  
resilient!



Have you ever  
said any of these  
phrases. . ?



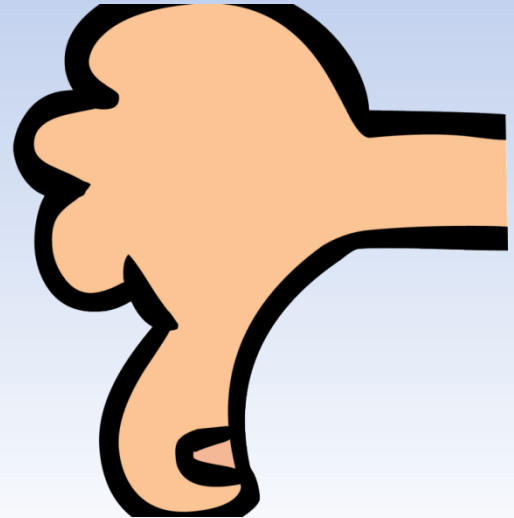
I'm no good at this!

I give up!

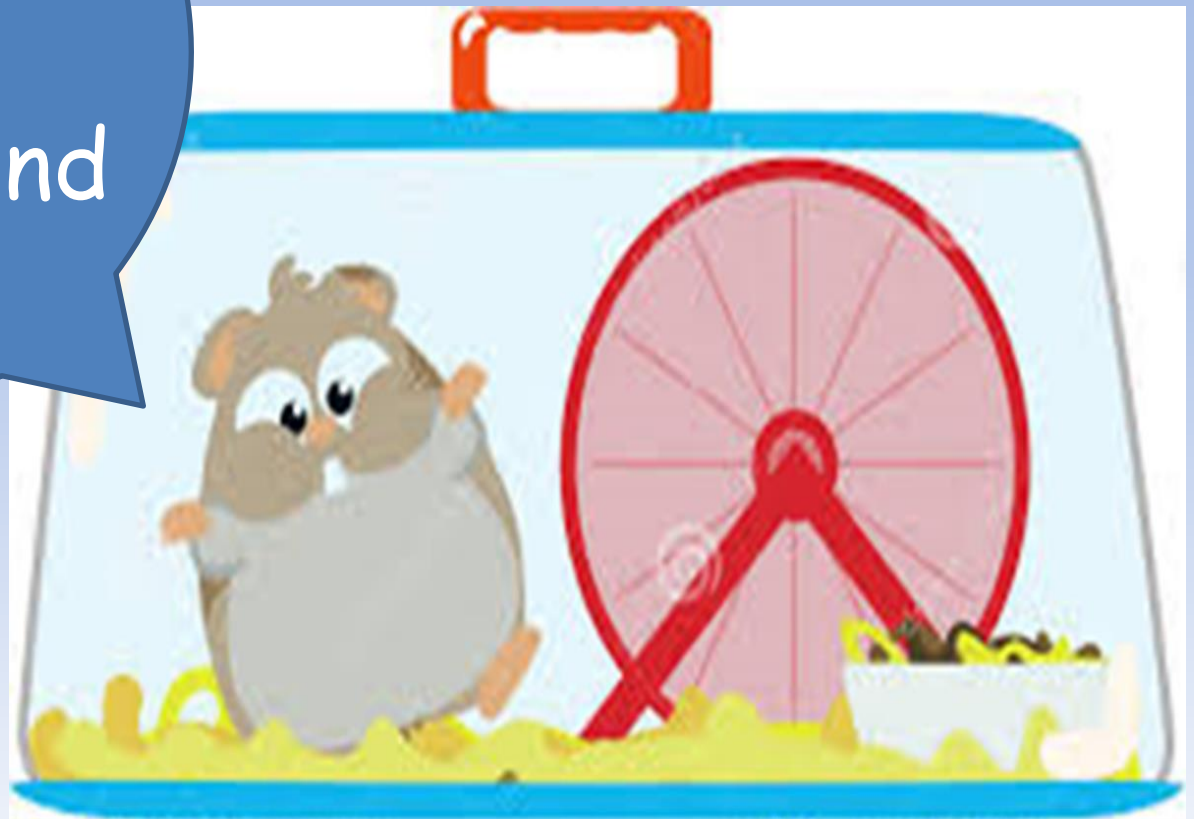
This is too hard!

I cant do this!

I'm rubbish at this!



How can we  
make these  
negative  
phrases sound  
better?



Have another go!

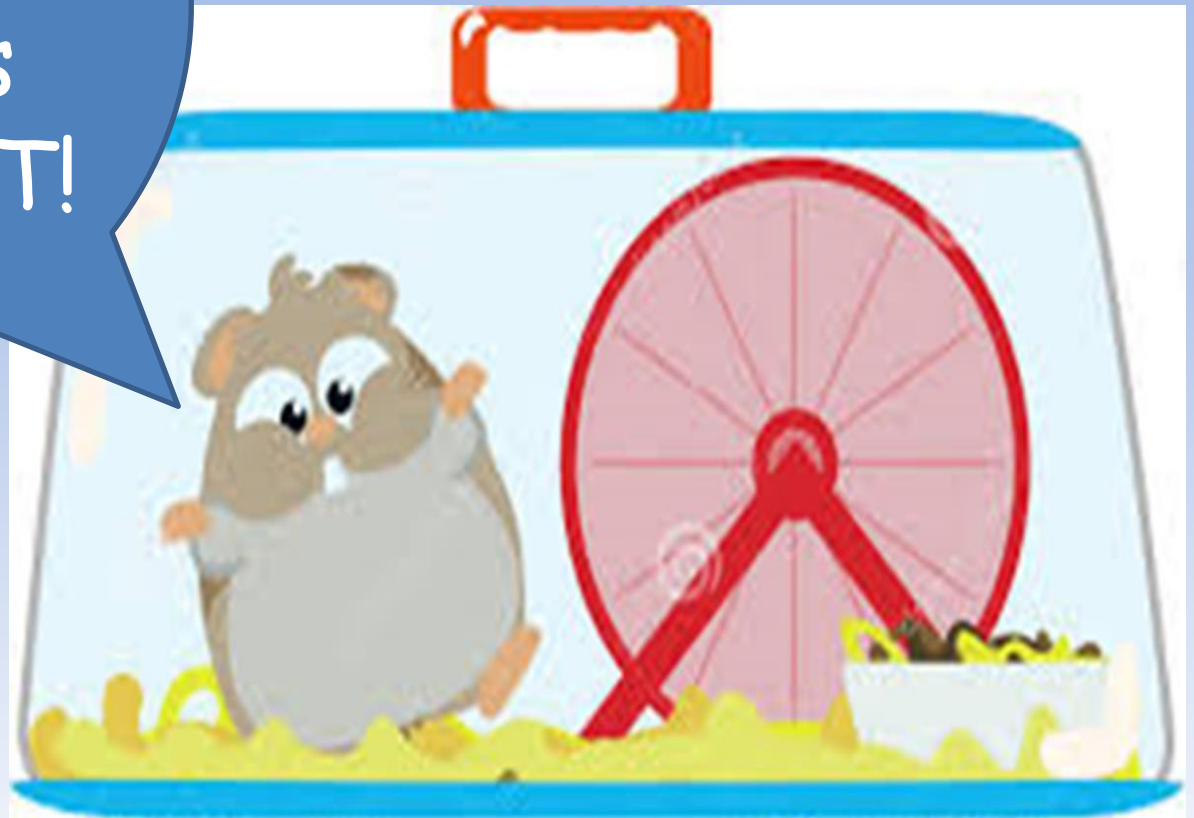
Stick at it!

Keep on trying!



Don't get distracted!

Listen to my  
story and see  
how I was  
**RESILIENT!**





# Resilient Rhian and her gerbil, Gerald.

## Gerald's Story



It was a sunny morning in Risca. Rhian and her gerbil Gerald were setting off to climb Machen Mountain with a few of their friends.

"I made us some cucumber sandwiches," said Gerald from the safety of Rhian's pocket. "I'm getting the munchies already!"

Twenty minutes later, Rhian and her friends were already out of puff. Their feet hurt and they were fed up. "It's just too hard," they groaned and they turned to head home. But just then, Gerald tutted, "Come on, gang. We can do it. Think how brilliant it will be at the top."

The children thought about this for a minute. They REALLY wanted to get to the top of the mountain and although it was hard work now, it would be worth it in the end.

Taking a deep breath and a nibble of his sandwich, Gerald scampered down Rhian's arm, onto the grass and he led the way up the mountain. The others followed.

"You've got to try, try, keep on trying" Gerald sang cheerfully. It was the song they had learned in school assembly, and everyone giggled happily.

An hour later, red in the face and a little bit sweaty, the friends reached the top of the mountain. As they flopped down on the grass, Rhian gave a whoop of delight. She felt very proud of herself and her friends.

Gerald rested his paws and looked at the amazing view. "Well done everyone." he cheered. "It would have been easy for you to give up but you kept going. Brilliant!"



Every time you think that you cant do something or that something is too hard always remember . . .

You've got to try, try, keep on trying!





What would Gerald  
the gerbil do?

Resilient

Have another  
go!

Stick at it!

Keep on trying!

Don't get  
distracted!

Timothy  
Kittie  
Evan  
Lola  
Ellis  
PENSEN  
Jack  
Noah