

The West Australian



Tuesday June 16, 2020

Read the feature topic on resilience in today's ED! Magazine and complete some of the activities below.



- What are some common characteristics of people who are resilient?
- For each of the people whose life story and achievements are highlighted in the article, identify at least one challenge that they faced. Suggest how overcoming that difficulty might have helped them deal with future challenges.
- What organisations or groups do you and others in the class belong to? What social and personal benefits do you get from being part of those groups?
- Did you read any of the books mentioned in the spread? Share your thoughts about it with others, or identify which one sounds most like something you would like to read.



- Conduct a class survey to find what strategies people use to calm themselves when they feel stressed. Display your results using a graphic organiser.
- What are some things you find stressful and why? What strategies could you use to manage your stress in these situations?
- In pairs, discuss whether you think there is something that teachers or school students can do to help each other become more resilient. Or is this something that can only 'come from inside'?



- According to Dr Robinson, 'believing in yourself' is an important step towards becoming resilient. Search online, or create your own motivational quote for believing in yourself. Decorate your quotes with images and use them to create a motivational class display.



- Look through today's copy of *The West Australian* to see if there are any stories that relate to someone overcoming a challenge.



media education

ED!

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Join *The West's* Media Education team in our aim to create a media-savvy generation.

Online Media Education activities are designed to enable students to become critical consumers of news. Through completing the activities, students will develop the skills to consider, question, inquire and challenge reported news stories. Media Education encourages students to be informed citizens of global issues considering multiple perspectives before generating their own ideas and opinions.



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Read the stories in ED! Magazine's *NEWS FLASH* column and complete some of the activities below.

Big BLM protest crowd



- What do the letters BLM stand for?



- Suggest some specific things that you would like people in authority (eg. at your school or in government) to do to reduce racism in the community.



- What do you think is meant by the slogan 'The lack of understanding is leading us away from unity'? Give examples to illustrate your answer.



- Design your own anti-racism sign.

Happy birthday, Puteri!



- What are the names of Puteri's daughters?
- What are the main threats to orangutans?



- What is a 'matriarch'?



- Find out more about orangutans and use the information to write a short news article about them, similar to the 'Froggy fun' article featured in today's *ED!*



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From climate change and science, to technology and current issues in the news, this is an interactive podcast for curious young minds. We'll be uploading a new podcast each Tuesday during school term. Every week we'll feature a new topic of interest to young people, with questions from kids in WA schools and answers by an expert on that topic.

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