



Miriam's Vision / The 2020 Covid-19 Pandemic

Developing Resilience

Adversity definition

Resilience definition

How do adversity and resilience relate to each other?

Examples of resilience from Miriam's story



Miriam's story / Covid-19 pandemic Similarities	Miriam's story / Covid-19 pandemic Differences
<p>-In both, people died as a result.</p> <p>-In both, one of the positive outcomes was that people raised money to support organisations.</p>	<p>-In Miriam's story, more than 50 people died.</p> <p>-In the Covid-19 pandemic, thousands of people are dying.</p> <p>-Miriam Hyman's family created her memorial, the Miriam Hyman Children's Eye Care Centre, and the Miriam Hyman Memorial Trust raises money to support it. http://www.miriam-hyman.com/</p> <p>-A man called Captain Tom raised a lot of money to support the National Health System in the UK. https://www.bbc.co.uk/newsround/52336206</p>



A difficult time or event in my life:

1. The 2020 Covid-19 pandemic

Negative	Positive
<p data-bbox="204 622 775 658">-I had to stay in my home most of the time.</p> <p data-bbox="204 779 724 853">-It was difficult for the National Health System to cope with all the sick people.</p>	<p data-bbox="810 622 1337 696">-I could get outside once a day for some exercise.</p> <p data-bbox="810 779 1385 931">-By staying at home I was helping to stop the virus from spreading so quickly, so the hospitals had more chance of treating more sick people properly.</p>



A difficult time or event in my life:

2.

Negative	Positive



How can experiencing adversity help us to develop life skills?