

Introduction and Contents

INTRODUCTION

Suitable for 9+

Explore themes of:

- Learning from Mistakes
- Developing Resilience
- Patience
- Finding your Voice
- Embracing Challenges

Subject Checklist:

- Literacy
- Art, Design and Technology
- PSHE
- Drama
- Citizenship

CONTENTS

IDEA 1: SUPER-STICKY STICKABILITY

Objectives: Discuss the idea of failure and the importance of learning from mistakes; create your own stickability toolkit.

IDEA 2: PATIENCE

Objectives: Use 3 case studies to explore the notion of patience; take part in breathing exercises to enhance wellbeing and develop patience.

IDEA 3: FINDING YOUR VOICE

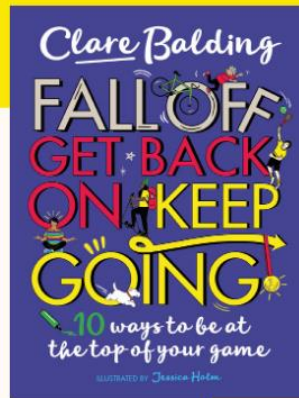
Objectives: Write a speech about a topic you are passionate about; perform your speech using Clare's 'Tips' to help you.

IDEA 4: BE BENDY AND STRETCH YOURSELF

Objectives: Set a goal predicting potential setbacks and challenges ahead; take part in exercises that encourage a 'bendy mind'.

About the Book

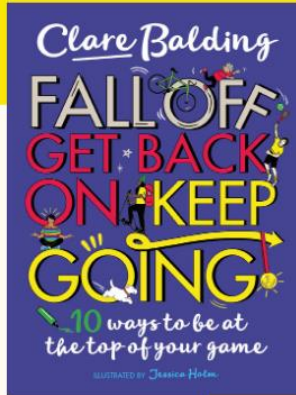
'Falling off' is all part of life. The trick is to know how to dust yourself off, get back on, learn from your mistakes - and keep going!



Clare Balding, TV presenter, sportswoman and bestselling author has had some spectacular falls in her life - from not fitting in at school and falling in with the wrong crowd, to last-minute hiccups and mistakes on live TV - so she knows what it takes to embrace your mistakes and move on from them!

With personal stories from Clare herself and from the lives of the people she most admires, children will discover how to develop courage in the face of tough situations. Find out how Charlotte Raubenheimer of South Africa completed a triathlon while in lockdown at home during the coronavirus pandemic. Marvel at the amazing story of US surfer Bethany Hamilton, who got back in the water just one month after she lost her arm in a shark attack, going on to win her first US national surfing competition two years later. Plus many more stories including that of Jamaican sprinter Usain Bolt, US soccer superstar Megan Rapinoe, Dutch inventor Boyan Slat and Swedish climate change activist Greta Thunberg.

With fun, quirky illustrations from Jess Holm, the 10 chapters of *Fall Off, Get Back On, Keep Going* explore 10 character-traits - RESILIENCE, PATIENCE, CONFIDENCE, COURAGE, FLEXIBILITY, CREATIVITY, SPEAKING OUT, MOTIVATION, KINDNESS and KEEPING GOING - that can help children to learn to embrace their mistakes, own them, and move on from them.



IDEA 1: SUPER-STICKY STICKABILITY

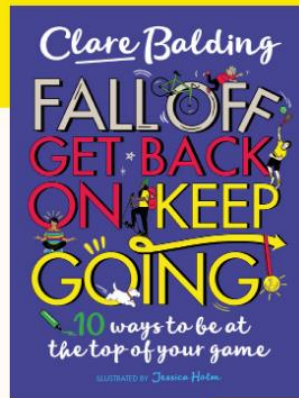
'I really think a champion is defined not by their wins, but by how they can recover when they fall.'

SERENA WILLIAMS

DISCUSSION QUESTIONS:

- What do you know about the challenges Clare Balding has faced in her life?
- How does the illustration connect to the term 'stickability'?
- Can you think of any other words that have a similar meaning to stickability?
- Who is Serena Williams? What is she saying about champions in her quote?
- How would you rate your own stickability? Can you think of other people who have recovered when they have fallen?
- Can you think of a time something didn't go smoothly for you? What did you learn about yourself?
- Why can the word 'failure' seem scary? Why can it be tempting to just give up when things don't go right?
- Who can help you to develop your own stickability? How can you help others?





ACTIVITY 1: STICKABILITY TOOLKIT

- As Clare explains in her book, the difference between failing and falling is your stickability, or your resilience. If you have resilience and can get back up after falling off then you're more likely to succeed in the future
- Close your eyes for a few moments and think back to a time when it felt like you failed at something. Visualise the build-up to what happened, the event itself, and how you felt afterwards. Open your eyes and note down some of the feelings and emotions you associate with this memory using the headings below

BEFORE

DURING

AFTER

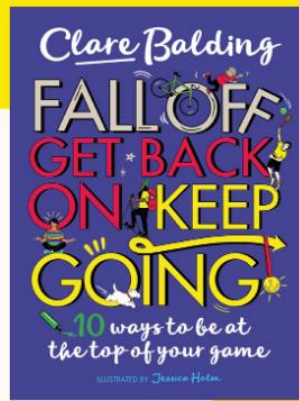
- Open your eyes and discuss some of your 'failures' together. Think about why it is important to talk about failure as normal and something everyone experiences.
- Next, in Clare's book she talks about important character traits, things, and people that can help us develop stickability. We can think about this as a toolkit that we have ready to help us embrace mistakes and move on from them. Draw an empty box on a new page, this is your toolkit. Note down 'tools' you already possess that help you when you face tricky situations.
- Then, in a different colour, write down the names of other tools you would like to develop or possess in the future. Use the list below to help get your started, then see if you can add your own:

COURAGE

SUPPORTIVE FRIENDS CONFIDENCE

CREATIVITY

REMEMBER: *Don't beat yourself up over mistakes, fails, or falls!*



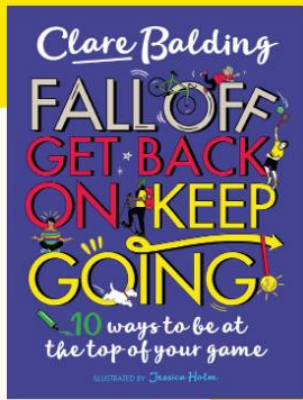
IDEA 2: PATIENCE

‘Patience is not just about waiting for things, it’s about doing things with focus and care. It’s about working at something and not being afraid to do it again and again, until you get it right.’

CLARE BALDING

DISCUSSION QUESTIONS:

- How does Clare describe patience in the quote above? Why is it a useful tool to have in your toolkit?
- Why is it difficult to be patient sometimes? What stops us from being patient?
- Can you think of a time you showed patience? What about a time you didn’t?
- Can you think of someone you look up to who does things ‘with focus and care’?
- How can patience help develop stickability?
- How can you train yourself to become more patient? Can you give some examples?
- How might patience help you face challenges in the future?
- Why is it important to learn from our mistakes and try again?



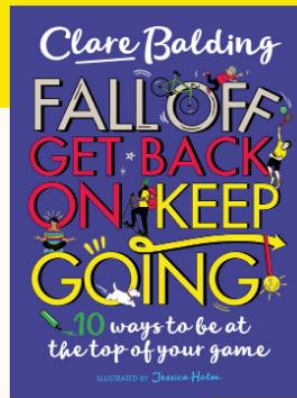
ACTIVITY 2: PRACTISING PATIENCE

- Read over the 3 case studies below and write a line or two about **how this person showed patience** and **how patience helped this person achieve their goals**.
- Why not have a go at searching their names on the internet, so you can see what they look like.

1. Charlotte Raubenheimer was meant to be raising money for a charity by competing in an Ironman triathlon. Sadly, due to the pandemic of 2020 most major sporting events were cancelled. So instead, Charlotte completed her own triathlon at home using a tiny pool, her bike, and back garden.

2. As a junior tennis player, Roger Federer saw a replay of one of his winning matches and noticed how badly he and his opponent were behaving. They were shouting, smashing rackets and generally looking miserable. He decided that from then on, he would control his temper instead of letting frustration, anger, and impatience control him.

3. David Attenborough's award-winning documentaries can take years in the making. He states, 'Sometimes, it's hours and hours of absolutely nothing happening and you just have to sit there and wait and hope that your instincts and your natural history knowledge will pay off in the end.'



ACTIVITY 2: PRACTISING PATIENCE

(Practically) PERFECT PATIENCE

These are some tips for things that I do when I'm feeling impatient or when I simply need to calm myself, exercise self-control, settle my nerves or just be 'in the moment'. Try a few of them when you need to – they really do work!

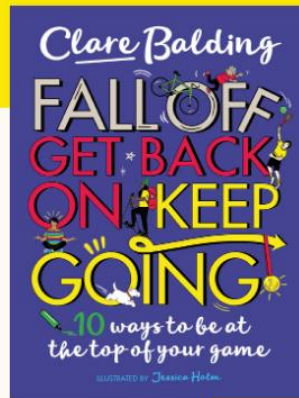
- ① Take a deep breath in through your nose and count to 5 as you breathe out. Let the air out slowly through pursed lips, as though you are blowing through a straw.
- ② Move your head round in a circle, one way and then the other. Roll your shoulders 5 times, shake your hands out.
- ③ Move your hips from side to side. Then rotate your feet (one at a time if you're standing up!).
- ④ Look out of the window or around you and notice every detail: colours, textures, smells, sounds; the way things move or how the clouds are chasing across the sky.
- ⑤ Count to 10 and back down to zero. Remember to take lots of slow, deep breaths.

Patience helps us to anticipate and enjoy things more. It helps us concentrate better. It helps us save our energy and be more productive.

Patience can be our
SECRET SUPERPOWER!

- Now it's time to have a go at your own patience exercises! Before you begin, check-in with how you're feeling today. You might be feeling good or you might feel a bit anxious or frustrated about something.
- Then, go through each of Clare's breathing exercises, shown on the left, paying close attention to your breath and every movement you make. When you have finished, check-in with how you feel again. Do you feel different at all? Has your heart rate slowed down?
- Discuss together if this is something you could try by yourself when you feel impatient or angry. Reflect on how exercises like this might help you in the future.

REMEMBER: *Patience is your superpower!*



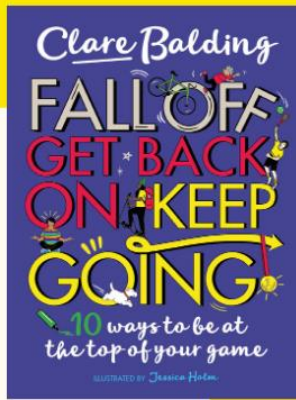
IDEA 3: FINDING YOUR VOICE

'When the whole world is silent, even one voice is powerful.'

MALALA YOUSAFZAI

DISCUSSION QUESTIONS:

- Who is Malala Yousafzai? What do you already know about her life?
- What does Malala mean by her quote? Do you agree with her?
- What does it mean to 'find your voice'?
- How confident do you feel in voicing your thoughts and ideas? What stops you from voicing your feelings sometimes?
- Why is it important to feel heard? How can you make sure other people around you feel heard?
- What things are you passionate about and why?
- Who else do you know who has stood up for what they believe in?
- How can your voice bring about positive change?



ACTIVITY 3: SPEAKING OUT

- In her book, Clare discusses how **Marcus Rashford** and **Greta Thunberg** have spoken out in order to bring about positive change in society. In pairs, discuss what you know about the work Marcus and Greta have done.
- Think about what challenges they might have faced along the way.
- How does your work from previous lessons tie into this?
- Take a moment to read over the important topics below. Which of them do you feel most passionate about? Have a chat with a partner about why this subject matters to you.

Climate Change

Animal Cruelty

Fighting Racism

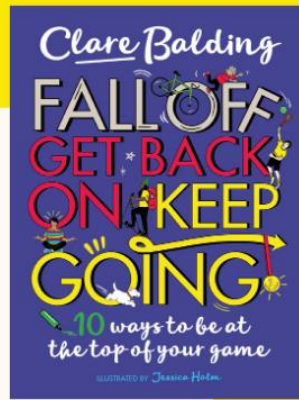
Equal Rights for Everyone

Supporting LGBTQ+ Rights

Protecting our Oceans

- Plan a short speech on your chosen topic making sure you include different points for the beginning, middle, and end. Write your speech up in full, trying to make it as emotive and persuasive as possible.
- Read over Extract 1, which shows Clare's 'Ten Ways to Speak out with Confidence'. Put a tick next to things you already do or feel confident with.
- Look at the tips that you have left and try to put them into practice when performing your speech in the mirror to yourself, to a partner, or to the class. Remember these tips and use them when speaking out in future!

REMEMBER: *Stand up and speak out for what you believe in and for what matters to you most!*



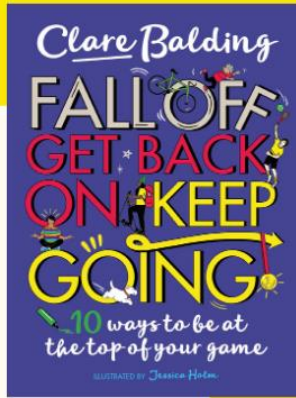
IDEA 4: BE BENDY AND STRETCH YOURSELF

'Your ability to flex, stretch and adapt can change your life. Make brave choices.'

CLARE BALDING

DISCUSSION QUESTIONS:

- What do the words 'flex, stretch, and adapt' mean? Can you give a definition for each?
- On a scale of 1-10, how would you rate yourself for each of these traits?
- What does the phrase 'comfort zone' mean? When are you in your comfort zone?
- What do you think Clare means by 'brave choices'? Can you give any examples?
- How can being 'bendy' help you to deal with setbacks?
- Can you think of a time that you adjusted when something didn't go as you planned?
- How can being bendy help you to become more resilient and sticky?
- What do you know about pufferfish, the mimic octopus, and butterflies? What can we learn from them?



ACTIVITY 4: GETTING BENDY!

- Discuss things that you would like to do or achieve tomorrow, next week, or next month. Choose one goal; it could be something like being picked for the football or netball team or learning a new skill.
- Make a note of your goal and some of the stumbling blocks or challenges you might face along the way:

My goal is

Some STUMBLING BLOCKS or CHALLENGES I might face are

- Then, take part in Clare's 'Bendy Body, Bendy Mind' exercises in Extract 2 with your goal in mind. Visualise yourself bending and stretching on your journey and all the twists and turns you might take along the way.
- At the end of your exercises, open your eyes and discuss all the skills and experiences you might gain whilst adapting and being flexible in pursuit of your goal.
- Sketch a picture of you bending and stretching to remind you to embrace challenges and to be flexible in the future.

**REMEMBER: *When things seem tough, just put one foot in front of the other,
one step at a time***

BENDY BODY, BENDY MIND

Did you know that flexing, stretching and bending your body can actually help your mind? We're all so busy these days: school, clubs, hobbies, helping out at home (you do, don't you?) as well as things like keeping up with friends.

*Phew! It's
amazing that we can
keep up with it all ...*

So when things get a bit hectic for me, I calm myself down with a couple of simple, **bendy** exercises that work wonders. So grab a mat or towel and prepare to get flexible!

① Flat out!

Stretch out flat on your mat or towel. Raise your arms above your head and point your feet. Feel your whole body stretch from your fingers down to your toes. Hold this posture and take 3 deep, relaxing breaths.

② Stretch yourself.

Come to a cross-legged sitting position. Take your right arm and stretch it over your head towards your left ear. Lean your whole body towards

the left, using your left hand to support you. You should feel a nice stretch all the way down the right side of your body. Now repeat this movement on the other side, starting with your left arm.

③ Give your knees a hug.

Lie on your back and pull your knees into your chest. Breathe in deeply and let it out slowly. Then rock your body gently from side to side. This gives your back muscles a gentle stretch and massage.

④ Do the butterfly!

Sit on the floor. Bring the soles of your feet together in front of you, making your legs into the shape of butterfly wings. Breathe in as you lift your arms over your head. As you release your arms back down, breathe out.

⑤ Stand up tall.

Get back on your feet. Put your shoulders back and stand tall.

**YOU SHOULD BE NICE
AND FLEXIBLE AND
GOOD TO GO!**

10 WAYS TO SPEAK OUT WITH CONFIDENCE

Whether you are speaking or presenting to your class or to a bigger group, here are some of the tips I've learned in my career which help me to speak confidently to anyone, from small groups to audiences of millions on live TV!



1 Plan ahead.

If you are presenting a topic to a group or your class, have a clear idea of what you want to say and why. Make sure you've had at least two run-throughs out loud, so that you're really comfortable and familiar with your material. I prefer to use bullet points rather than a fully written-out speech or presentation because it allows me more freedom to improvise and sounds more 'natural'.

2 Take it steady.

Wait a full 2 seconds before you start speaking. And during your presentation or while you are talking, don't be afraid to pause. Silence and pauses can be really clever ways of making people listen. Pausing while speaking also communicates confidence.

3 Check your posture.

Stand up (or sit up) as straight as you can. Keep your head high and your shoulders back. I always feel more empowered when I'm standing up (you'll see I often stand up when I can on live TV!). It makes me feel more energised and helps my breathing.

4 And speaking of which – don't forget to breathe!

When I'm presenting on TV I always try to take a big, deep breath into my belly, and then breathe out through my nose rather than through my mouth. Breathing through your mouth can make you sound a bit breathless and anxious. Try breathing through your nose, it's really worth it.



SMILE!

5 Say it with a smile.

Smiling can project warmth and feeling into your voice, and affects how you speak and how other people respond to what you're saying. I always try to smile (or even just think about smiling) while I'm interviewing people. I think it helps bring out the best in them.

6 Stay calm and focused.

Even if you're speaking about a topic that is very close to your heart, try not to get worked up. It doesn't help people to understand your point if you show anger or frustration (believe me, I know!)

7 Body talk.

Try to keep your body language 'open', and use your hands to convey excitement and confidence about what you are saying. Avoid folding your arms, fiddling with your hair or touching your face, as these things can make you seem nervous.

CONFIDENCE



anger

8 Look into my eyes!

Make eye contact with the people you are speaking to, it makes you seem much more confident about what you are saying.

9

DRINK WATER!

I always have a glass or bottle of water to hand before I go on TV or on stage. Being hydrated helps you think more clearly, but also helps your mouth to not dry up mid-sentence.

10 Be polite.

If you are making a presentation or speaking to a group, thank them for their time or for listening. It shows confidence and consideration. Also say 'thank you' at the end as a way of finishing what you've said.

**IT WILL GIVE
A POLITE
FULL STOP TO YOUR SPEECH.**