



Jesse Owens and Resilience



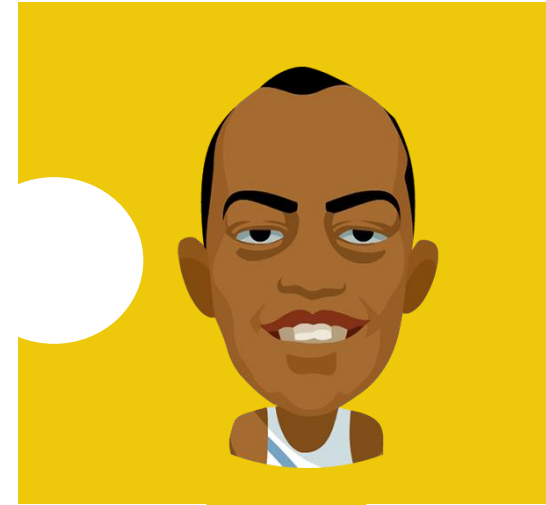
Resilience

1913 - 1980

**Famous record-breaking track and
field Olympian**

In this assembly you will:

Watch the video to discover who Jesse Owens was and how **resilience** helped him.



Learn about what **resilience** means and how it can help your wellbeing.

Think about how you can show **resilience** in your life.

What is resilience?



Resilience means you keep going, reacting in a positive way, to challenges and difficulties. You can bounce back from setbacks.

How can **resilience** help your wellbeing?

- Bouncing back from difficulties and not being stressed by them, changes how you feel. **Resilience** can also help you through the difficult times in your life.

How Jesse Owens showed resilience:



- ❖ His childhood involved moving across the country and to a new school.
- ❖ He was not entitled to the same support offered to White students at university.
- ❖ Even after winning four Olympic gold medals, he was not given a hero's welcome.



Why was Jesse Owens amazing?



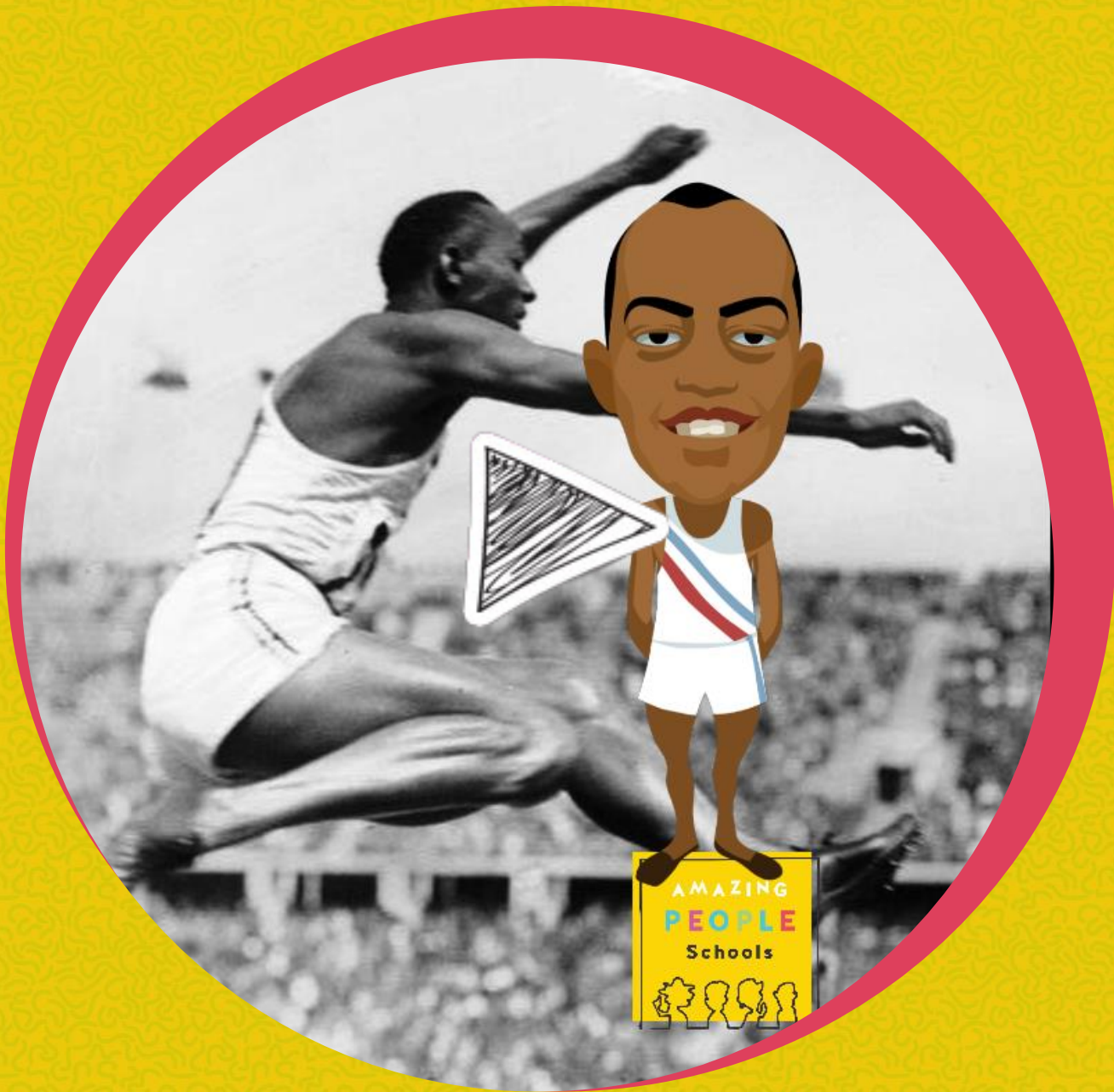
WATCH...

...the video to discover why Jesse Owens was **amazing** and how **resilience** helped him.

THINK...

Does he use **resilience** to help him overcome challenges?





Long Jump at the Berlin Olympics, Bundesarchiv, CC BY-SA 3.0, via [Wikimedia Commons](#)



Resilience



How did Jesse Owens stay resilient?

How did it help him and others?

Now, think about
how you can show
resilience in your
life.



Owens at the start of the 200m dash in the 1936 Berlin Olympics, [Alamy](#)



Character Matters

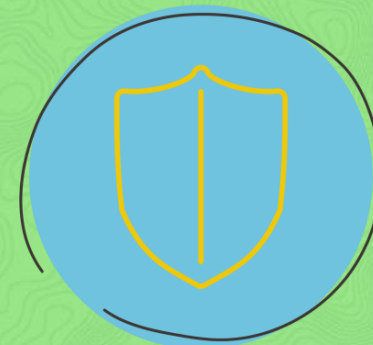
What will you do?

What difference can you make?

This week, look for opportunities to show **resilience**.

You can do this by ...

- Staying positive when problems come up
- Bouncing back from knock-backs
- Keeping on going even when the going gets tough!



Resilience