

CREATIVE CLUB

Activity Plan 4
Early Years

imagine

Creative Club - Facilitator Overview

Strengthening Our Resilience: Resilience Masks (Early Years)

Session Title	Strengthening Our Resilience: Resilience Masks
Session Summary	A creative after school care activity where children explore strength, hope and resilience through a short Make-A-Wish superhero story and a hands-on mask craft. Children reflect on what helps them keep going when something feels hard, then decorate a resilience mask as a simple reminder that they are strong, brave and able to do hard things.
Suitable For	After school care groups, OSHC programs, holiday programs and particularly kindergarten and prep students. Facilitators can simplify language, keep sharing optional and provide extra cutting or assembly support as needed.
Duration	35–45 minutes
Children Will	• Understand resilience as bouncing back and trying again when something feels difficult. • Hear how Make-A-Wish brings hope, joy and strength to children with critical illnesses. • Identify simple sources of strength, such as family, friends, kindness, asking for help, trying again or being brave. • Create and decorate a Resilience Mask to take home or wear.
What You'll Need	• Resilience mask templates printed on card • Markers, pencils, texters and other craft materials • Scissors, hole punch and string or elastic, with adult support as needed • Optional: whiteboard and markers for group ideas • Optional: device to play Emily's Make-A-Wish superhero video Superhero Emily Saves Perth City 
Facilitator Notes	• Keep discussion short, warm and optional so the session suits a busy after school care environment. • Use simple language: resilience means bouncing back, trying again, being kind or asking for help. • Check Emily's video before showing it and use the short story version if that suits your group better. • Support children with cutting, hole punching and attaching string or elastic. • Allow children to share their mask only if they feel comfortable.

Strengthening Our Resilience: Resilience Masks

1. Welcome & Warm-Up (5 minutes)

Welcome children and introduce hope, strength and resilience in simple language. Explain that resilience means bouncing back, trying again, being kind or asking for help when something feels hard. Ask children to think of a superhero they like and what makes that superhero strong.

2. Make-A-Wish Story Connection (5 minutes)

- Briefly explain that Make-A-Wish Australia grants life-changing wishes for children with critical illnesses, helping bring hope and joy during tough times.
- Share Emily's wish in a simple way: Emily loved The Incredible Hulk and wished for a superhero adventure where she could be brave, strong and help save the day.
- Optional: play Emily's video if appropriate, then ask children what signs of strength, courage or hope they noticed. [Superhero Emily Saves Perth City](#) 

3. Creative Activity: Resilience Mask (20–25 minutes)

- Explain that children will make a Resilience Mask to show their own strength, bravery and ability to do hard things.
- Hand out mask templates and invite children to decorate them using favourite colours, shapes, patterns or symbols that feel strong or hopeful to them.
- Support children to cut out the masks, hole punch the sides and add string or elastic so they can be worn.
- Remind children that their mask can help them remember: I am strong, I am brave and I can do hard things.

4. Reflection & Pack-Up (5 minutes)

- Invite children to hold up or share their mask if they feel comfortable.
- Prompt reflection with simple questions: What colours or shapes did you choose? What helps you feel strong when something is hard?
- Thank the group and remind children their mask can be a small reminder of strength and resilience, just like Emily's wish helped her feel brave and joyful.