



CREATIVE CLUB

Activity Plan 4
Primary School



Creative Club Facilitator Overview

Strengthening Our Resilience: Resilience Masks (Primary)

Session Title	Strengthening Our Resilience: Resilience Masks
Session Summary	A creative after school activity where children explore resilience, courage and personal strengths through a short Make-A-Wish superhero story and a hands-on mask craft. Children discuss what resilience can look like in real situations, consider the people, strategies and positive self-talk that help them keep going, then design a resilience mask using symbols, colours and words that represent their own inner strengths.
Suitable For	After school care groups, OSHC programs, holiday programs, and mixed-age primary groups. Facilitators can adapt questions for younger children, extend discussion for older students and keep sharing optional so children feel safe and supported.
Duration	35–45 minutes
Children Will	• Explain resilience as the ability to recover, adapt and keep trying when something feels challenging. • Hear how Make-A-Wish brings hope, joy and strength to children with critical illnesses. • Identify personal strengths and support strategies, such as courage, patience, problem-solving, asking for help, positive self-talk and learning from mistakes. • Create and decorate a Resilience Mask that uses symbols, colours, patterns and short written statements to represent their strengths.
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 - YouTube
Facilitator Notes	• Keep discussion short, warm and optional so the session suits a busy after school care environment. • Use Year 3–4 friendly language: resilience means recovering, adapting, problem-solving and using support when something feels difficult. • 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. Explain that resilience means recovering, adapting and continuing to try when something feels challenging. Ask children to think of a superhero or inspiring character they know, then discuss what makes that character strong beyond physical power, such as courage, kindness, problem-solving or helping others.

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 invite children to identify examples of resilience, courage, hope or support they noticed in the story. [Superhero Emily Saves Perth City 🦸 - YouTube](#)

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

- Explain that children will design a Resilience Mask that shows their personal strengths, support networks and strategies for handling challenges.
- Hand out mask templates and invite children to decorate them using colours, patterns, symbols and short words or phrases that represent qualities such as bravery, patience, kindness, hope, persistence or problem-solving.
- Support children to cut out the masks, hole punch the sides and add string or elastic so they can be worn.
- Encourage children to add a short resilience statement to their mask, such as "I can ask for help", "I can try another way" or "I can keep going when things feel hard".

4. Reflection & Pack-Up (5 minutes)

- Invite children to hold up or share their mask if they feel comfortable.
- Prompt reflection with questions such as: What strength did you show on your mask? What strategy helps you when something is difficult? Who can support you when you need help?
- Thank the group and remind children their mask can be a symbol of their strengths, choices and support networks, just like Emily's wish helped her feel brave, joyful and connected to others.