



Name: _____

Class: _____ Date: _____

Comebacks Despite Setbacks

An extension of "The return of Federer gives joy to tennis fans"

The story of Roger Federer's comeback from defeat is inspiring (see page 23, *What's Up* February 2017). It helps those who have experienced setbacks to realise that they too can make a comeback if they do not give up. Almost all successful people have had failures. But, they learnt from their failures. And, they used the failures as stepping stones to success. Let's see how we can inspire those around us to do the same.

ON YOUR OWN

1. Write your name at the top right corner of a sheet of paper. Then, write about two instances when you (or someone close to you) faced and overcame a very difficult situation. Specify what you did to deal with the situation.
2. Crumple this sheet of paper into a ball which will be used in the game as if it were a tennis ball.

AS A WHOLE CLASS

3. Nominate a Referee. Everyone (except the referees) stands in a circle.
4. Play the game. On the signal "GO!" from the Referee, all of you should hit your paper tennis balls across the room using the palms of your hands. Keep hitting the paper balls coming towards you until the Referee signals "Stop!" after 30 seconds.
5. Pick up one of the balls from the floor in front of you. Open out the paper ball. Go to the person whose name is on the piece of paper and spend a minute chatting with that person about what was written on the paper. Meanwhile, someone will come to you to do the same. Every one of you should get to speak to two students – one whose ball you picked up and the other who picked up your ball.
6. Get back into the circle and play another round of the game.
7. End with a whole-class reflection. Discuss:
 - *Were you comfortable writing about a difficult situation you faced and overcame?*
 - *How did you feel when you read your classmates' account of a setback?*
 - *In what ways was it helpful to chat with your peers about setbacks?*