

Building My Resilience: The Bounce-Back Journal

Learning objective: To understand that resilience means keeping going when things are difficult and to reflect on strategies for overcoming challenges.

Think about a time when you found something tricky. Use the prompts below to write about your experience, how you felt, and how you used your inner strength to keep trying.

Even when a challenge feels like a mountain that is too steep to climb, remember that taking one small step at a time is exactly how we reach the top.

Word bank: nevertheless · initially · persisted · consequently · a positive mindset · on the other hand · furthermore · despite the setback · courageously

1. The Challenge: Describe a time you faced a difficult task. Start by writing: 'I was feeling quite frustrated when I tried to...', and explain what the specific problem was. (2 marks)

2. The Feeling: How did your body or mind react to the difficulty? Start by writing: 'At that moment, I felt...', and describe your emotions honestly. (2 marks)

3. The Strategy: What steps did you take to move forward? Start by writing: 'To help me stay resilient, I decided to...', and list the actions you took. (3 marks)

4. The Outcome: How did you feel once you finished or made progress? Start by writing: 'After I kept going, I realized that...' (2 marks)

5. Future Advice: If you were giving advice to someone like Max the monkey, who is struggling with a math problem, what would you say to help him stay resilient? (3 marks)

Extension challenge: Write a short poem or a 'resilience mantra' that you could repeat to yourself the next time you feel like giving up on a hard task.