Building My Resilience: The Bounce-Back Guide

Learning objective: To understand the meaning of resilience and identify strategies to persevere when facing challenges.

Use this writing frame to reflect on a time you faced a difficult task. Use the word bank to help you link your ideas and explain how you overcame an obstacle.

Everyone encounters moments where things do not go exactly to plan, but it is how we respond that helps us grow.

Word bank: nevertheless · initially · perseverance · determination · perspective · consequently · step-by-step · growth mindset · courageously

1. Describe a time when you found a task difficult. What was the situation and how did you feel initially? Start with: 'The challenge I faced was...' (2 marks)

2. What negative thoughts did you have? How did you challenge those thoughts to keep a positive outlook? Start with: 'At first, I felt like giving up because... but then I realised...' (2 marks)

3. What specific steps did you take to keep going? Think about who or what helped you. Start with: 'To move forward, I decided to...' (2 marks)

4. What did you learn about yourself through this experience? Start with: 'This experience taught me that resilience means...' (2 marks)

5. If a friend came to you with a similar problem, what advice would you give them? Start with: 'If I were helping a friend, I would suggest...' (2 marks)

Extension challenge: Write a short poem or a 'Top 3 Tips' poster based on your writing to encourage others in your class to show resilience when they are stuck.