

My Tree of Resilience

Learning objective: To understand that resilience is the ability to bounce back from challenges by using personal strengths and support systems.

Follow the drawing steps below to build your 'Tree of Resilience'. Use the word bank to label the parts of your tree that represent how you stay strong when things get difficult.

Draw: Draw a large, flourishing tree in the centre of your page. The roots should be deep and wide, representing your support system (friends, family, teachers). The trunk should be thick and labelled with your core strengths. The branches should reach upwards, representing your goals. Fill the tree with leaves, each containing a word from the word bank that describes your personal resilience. **Style:** Use vibrant colours for the leaves and bold lines for the roots to show strength.



Label words: Perseverance · Support system · Self-belief · Problem-solving · Patience · Optimism

Steps:

1. Explain why it is important to have a 'support system' when you are facing a difficult challenge. Justify your answer.
2. Compare and contrast a 'fixed mindset' (giving up) with a 'growth mindset' (resilience).
3. What might happen if someone tries to solve a complex problem without using any patience or

perseverance?

4. Step 1: Draw a large, sturdy tree trunk. Label the trunk with the things that keep you grounded, like your values.
5. Step 2: Draw wide, reaching branches. Label these with the specific skills you use to solve problems, such as 'asking for help'.
6. Step 3: Draw colourful leaves. Inside each leaf, write one positive word from the word bank that describes your character.