

Building My Resilience: The Bounce-Back Toolkit

Learning objective: To understand the meaning of resilience and identify strategies to overcome setbacks using a personal experience.

Read the opening passage carefully. Use the structure below to reflect on a time you faced a challenge. Think about how you felt, what actions you took to keep going, and what you learnt about your own strength.

Max the monkey once spent an entire afternoon trying to solve a complex maths puzzle, only to find that his final calculation was incorrect; however, instead of giving up, he took a deep breath and looked at the problem from a brand-new angle.

Word bank: nevertheless · determination · perspective · perseverance · consequently · a positive outlook · overcoming · stepping stone · resourceful · grit

1. The Challenge: Describe the situation where you faced a setback. Start your response with: I encountered a difficult moment when... (2 marks)

2. Emotional Regulation: Explain how you felt in that moment. Use the sentence starter: Initially, I felt [emotion], but I reminded myself that... (2 marks)

3. The Strategy: Justify your choice of action. What steps did you take to keep trying? Start with: To overcome this obstacle, I decided to... (3 marks)

4. Growth Mindset: Compare and contrast how you felt at the start of the problem versus how you felt once you had persevered. Start with: Looking back, I can see that... (3 marks)

5. Future Application: What might happen if you apply this same 'bounce-back' attitude to other areas of your life? Start with: If I continue to use these strategies, I believe... (3 marks)

6. Evaluation: Why is resilience considered a 'superpower' for learning? Justify your answer using examples. (4 marks)

Extension challenge: Imagine you are giving advice to a younger student who is about to give up on a task. Write a short, encouraging speech (60-80 words) using at least three words from the word bank to explain why 'failing' is actually a vital part of the learning process.