My Resilience Tree

Learning objective: To identify personal strengths and strategies that help us stay resilient when things get tough.

Follow the steps below to draw your Resilience Tree. Use the word bank to help you label the parts of your drawing.

Draw: Draw a large, healthy tree in the centre of your page. The style should be clear and colourful. Use the trunk to represent your strengths, the branches to represent your support network (like friends or hobbies), and the leaves to represent your past achievements. Ensure there is plenty of white space around the tree for labels.

Label words: Bravery · Friends · Practice · Patience · Kindness · Trying again

Steps:

1. Step 1: Draw a large, strong tree trunk. Write one thing you are good at on the trunk. This is your foundation.
2. Step 2: Draw branches. On each branch, write one person or activity that helps you feel better when you are sad or worried.
3. Step 3: Draw some leaves falling to the ground. Label these leaves with a challenge you have faced and overcome.

4. Step 4: Draw a sun in the corner. Write a positive word inside the sun that describes how you feel when you keep trying.