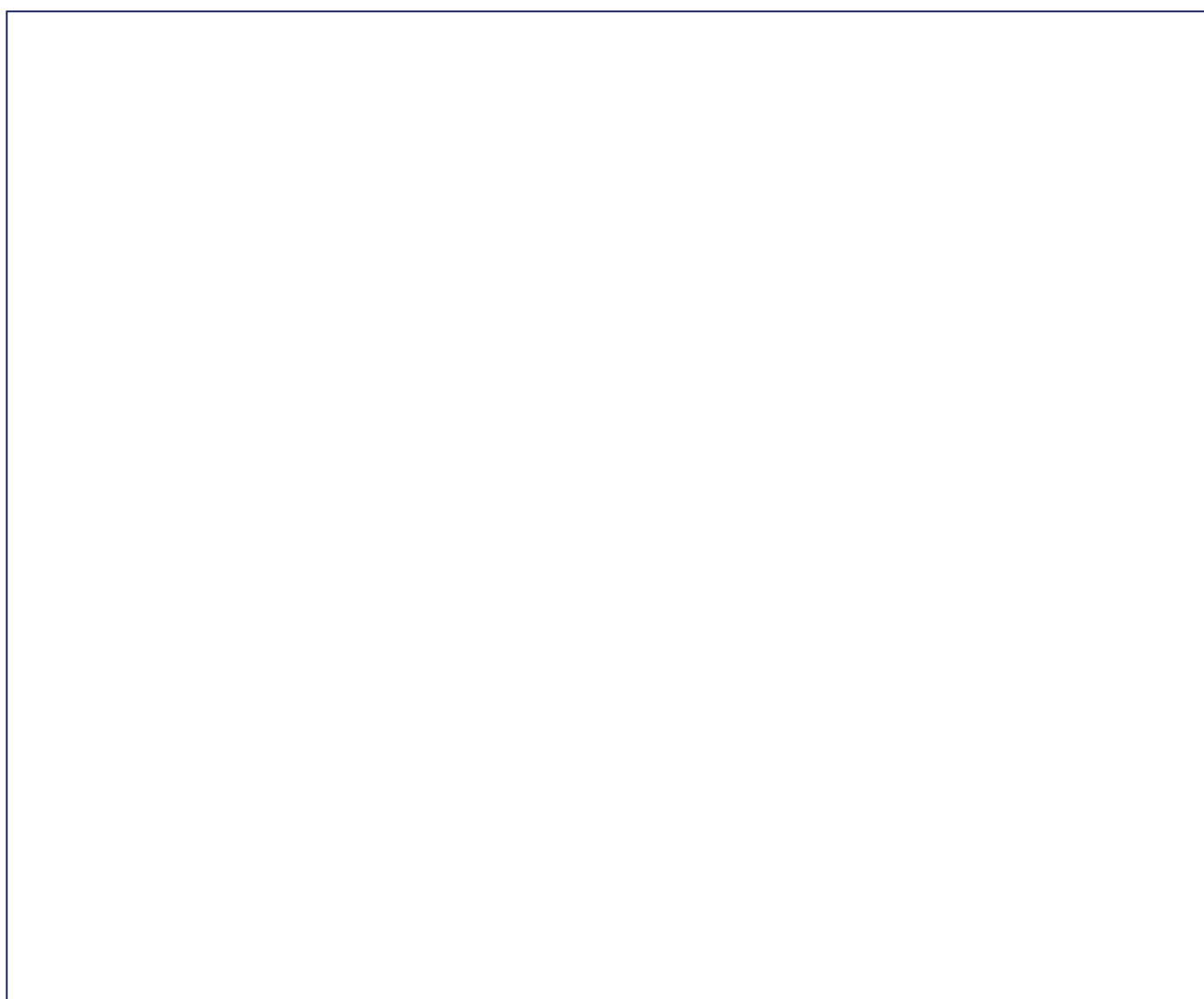


The Tree of Resilience: A Growth Mindset Activity

Learning objective: To understand the concept of resilience by visualising personal strengths and the ability to persevere through challenges.

Use this sheet to create your own 'Tree of Resilience'. Follow the drawing prompts to build your tree, then use the word bank to label the parts of your diagram that represent your personal growth and coping strategies.

Draw: Draw a large, sturdy tree in the centre of your page. The roots should be deep and tangled, representing the support you receive from friends, family, and teachers. The trunk should be thick and labelled with your personal strengths. Draw large, spreading branches reaching upwards. On these branches, draw leaves containing words from the word bank. In the background, draw a gentle sun breaking through clouds to represent the positive outcome of staying resilient.



Label words: Perseverance · Self-belief · Support network · Growth mindset · Reflection · Challenge · Determination · Adaptability

Steps:

1. Explain why having a 'support network' (represented by the tree's roots) is essential when facing a difficult challenge.

2. Compare and contrast a 'fixed mindset' (giving up easily) with a 'growth mindset' (viewing failure as a lesson).
3. Justify your answer: Why is it important to use positive self-talk when you are struggling to learn a new skill?
4. Label the leaves of your tree with three specific actions you can take when you feel frustrated with your schoolwork.
5. What might happen to your 'Tree of Resilience' if you stopped practising your skills or reflecting on your mistakes?
6. Identify one 'stormy' challenge you have faced this year and describe how you used resilience to overcome it.