

Building My Resilience Toolkit: A Personal Reflection

Learning objective: To understand the meaning of resilience and identify strategies to overcome challenges by reflecting on personal experiences.

Resilience is the ability to 'bounce back' when things get tough. Think of a time you faced a difficult task or a setback. Use this template to analyse your experience, identify the skills you used, and plan how you can tackle future challenges with a growth mindset. Complete each section thoughtfully, focusing on how your perspective changed during the process.

Word bank: Perseverance · Growth mindset · Strategy · Perspective · Obstacle · Determination · Reflective · Adaptable

1. The Challenge: Describe a specific situation that you found difficult. What was the original goal you were trying to achieve? (2 marks)

2. Managing Emotions: Explain how you felt when you encountered the first obstacle. Why is it important to acknowledge these feelings before trying to solve the problem? (3 marks)

3. The Turning Point: Identify the specific strategy or change in thinking that helped you keep going. If you hadn't used this strategy, what might have happened? (3 marks)

4. Justify Your Answer: Explain why resilience is often considered a 'muscle' that gets stronger the more we use it. How does this compare to learning a new skill in maths or art? (4 marks)

5. Future Application: If you were faced with a similar challenge next week, what would you do differently to ensure you remain resilient? (3 marks)

6. Comparative Thinking: Compare your experience to a situation where someone might give up too early. What are the long-term consequences of not practicing resilience? (4 marks)

Extension challenge: Imagine Kit the fox is trying to code a complex game but keeps encountering bugs. Write a short, encouraging letter to Kit using the 'Power of Yet' (e.g., 'I haven't solved it yet...'). In your letter, suggest three resilient techniques Kit could use to stay calm and focused.