

Building My Resilience: The Path to Growth

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

Use this writing frame to reflect on a time you faced a difficult task. Follow the structure below to explain how you used resilience to move forward. Remember to use the word bank to enhance your descriptive language.

Max the monkey once spent an entire afternoon trying to solve a complex mathematical puzzle that seemed impossible at first, but he knew that every mistake was simply a clue to the solution.

Word bank: nevertheless · perseverance · determination · perspective · consequently · stepping stone · overcoming · resourceful · in retrospect · gradually

1. Identify the Challenge: Describe a specific situation where you felt stuck or discouraged. What was the goal you were trying to achieve? Start with: 'The situation I faced was...' (2 marks)

2. The Initial Reaction: Explain your initial thoughts and feelings when you realised the task was difficult. How did your body or mind react? Start with: 'At first, I felt...' (2 marks)

3. The Resilient Shift: What 'resilience strategy' did you use to keep going? Did you break the task down, ask for help, or take a break? Start with: 'Instead of giving up, I decided to...' (3 marks)

4. The Outcome: What was the result of your perseverance? Even if you didn't finish the task perfectly, what did you learn? Start with: 'Ultimately, I discovered that...' (3 marks)

5. Justify your answer: Why is it important to view mistakes as learning opportunities rather than failures? Explain your reasoning. (4 marks)

6. Compare and contrast: How might your approach to a future challenge change now that you have reflected on this experience? (4 marks)

Extension challenge: Imagine a friend is struggling with a new skill, such as learning a musical instrument or a complex sport. Write a short, encouraging letter to them using the vocabulary from this lesson. Explain why they should be proud of their effort, regardless of the immediate outcome. What might happen if they choose to give up now versus if they choose to persist for another week?