

My 'I Can Do It!' Resilience Diary

Learning objective: To help children recognize that it is okay to find things difficult and to understand that trying again helps us learn and grow.

Today, Leo the Lion is teaching us about resilience. Resilience means not giving up even when something is a bit tricky. Use this diary to think about a time you tried your best, even when it was hard. Write or draw what happened and how you felt when you finally succeeded.

Word bank: try · hard · proud · practice · again · learning · happy · brave

1. The Challenge: Describe something new you tried to do that felt a little bit tricky at first.

2. My Feelings: How did you feel when you found it hard? (For example: frustrated, worried, or unsure)

3. The Big Try: What did you do to keep going? Did you ask for help or take a deep breath?

4. The Success: How did you feel when you finally did it? Tell us about your proud moment!

5. Next Steps: What is one other thing you want to practice so you can get even better at it?

Extension challenge: Draw a picture of yourself with a 'can-do' smile in the box below, then show your diary to a friend and tell them one thing you are proud of.