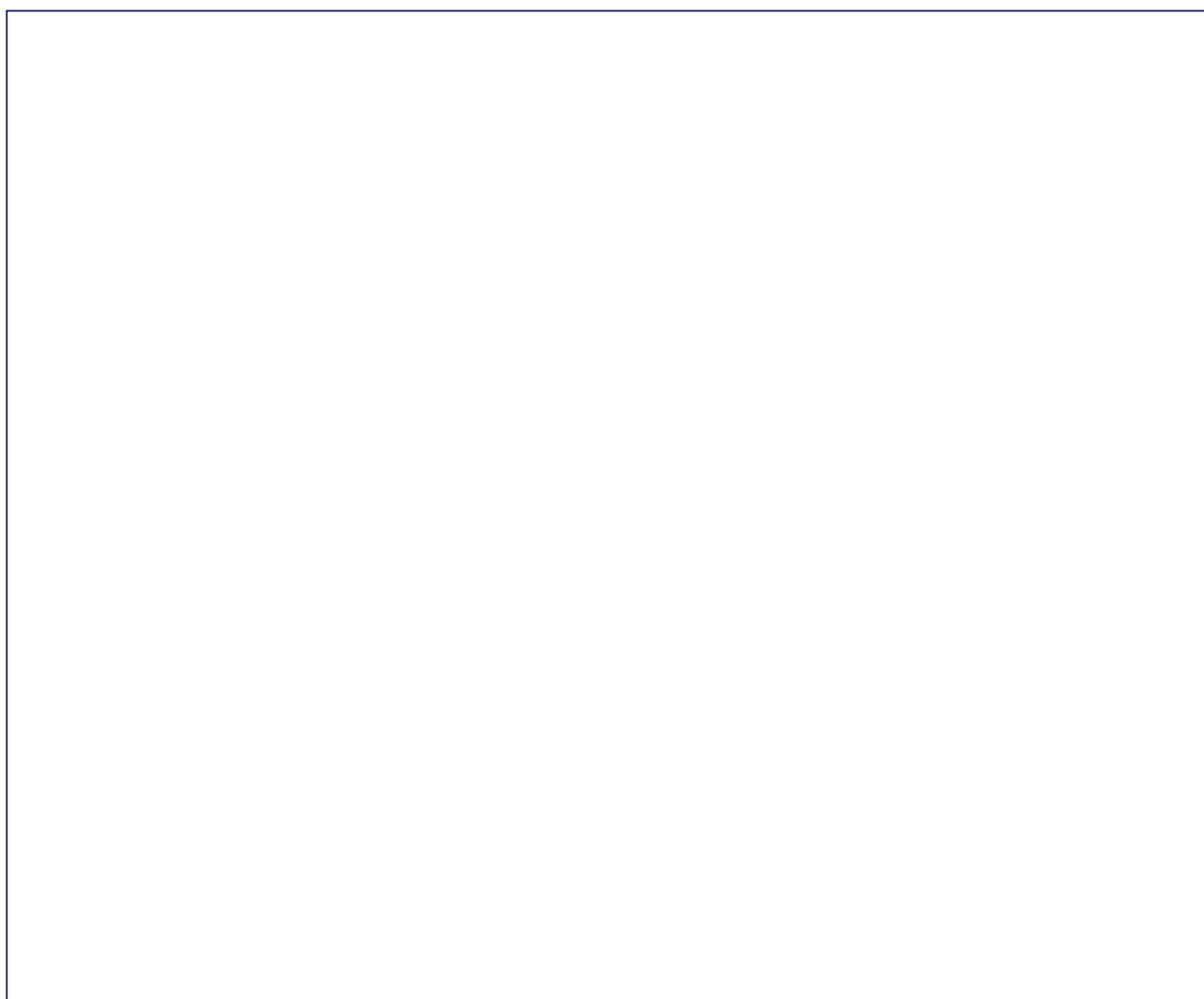


Building My Resilience Shield

Learning objective: To understand the meaning of resilience and identify personal strategies for overcoming challenges.

Resilience is the ability to 'bounce back' when things get tough. Today, you are going to design your own 'Resilience Shield'. Think about the strengths, supportive people, and positive habits that help you keep going when you face a challenge. Use the word bank to label your shield with the tools you use to stay strong.

Draw: Create a large, detailed shield in the centre of the page. The style should be bold and colourful, like a knight's crest but using modern, positive symbols. Inside the shield, include illustrations of your personal coping strategies (e.g., a book for reading, a pair of trainers for exercise, or a speech bubble for talking to a friend). Surround the shield with decorative patterns or vines that represent 'growth'.



Label words: Perseverance · Supportive friends · Kindness · Deep breathing · Growth mindset · Asking for help · Patience · Self-belief

Steps:

1. Step 1: Draw a large shield shape in the centre of your page. Inside the shield, draw three symbols that represent things that help you when you are feeling frustrated or sad. Explain what each symbol means below.

2. Step 2: Around the outside of your shield, label the qualities you possess that help you bounce back. Use at least three words from the word bank.
3. Step 3: Leo the Lion often says, 'It is brave to keep trying even when a task is hard.' Describe a time you showed resilience and what you learned from that experience.
4. Step 4: Who is one person you could go to if you feel like giving up? Draw them near your shield and label how they help you.
5. Step 5: Write a short, positive affirmation (a 'can-do' sentence) at the bottom of your shield to remind yourself that you are capable of overcoming challenges.