

Building My Resilience: A Personal Growth Diary

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

Think about a time recently when you found something difficult, like a tricky maths problem or learning a new skill. Use this diary template to reflect on how you felt, the steps you took to keep going, and how you can support yourself next time. Remember what Leo the Lion says: 'True bravery is trying again when things get tough!'

Word bank: Resilience · Perseverance · Challenge · Strategy · Determination · Positive · Growth mindset · Support

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

2. Emotional Check-in: How did you feel when you first faced this difficulty? Use 'emotions' vocabulary to describe your reaction. (2 marks)

3. The Turning Point: What action did you take to keep going? Did you ask for help, take a break, or try a different method? (3 marks)

4. The Learning Outcome: Now that you have reflected, what did you learn about your own ability to bounce back? (3 marks)

5. Future Strategy: If you face a similar challenge next week, what is one positive thing you will say to yourself to stay resilient? (2 marks)

Extension challenge: Imagine you are writing a letter to a friend who is struggling with a new hobby. Write three pieces of advice based on what you have learnt about resilience today.