

Building My Resilience: A Personal Reflection

Learning objective: To understand that resilience is the ability to bounce back from challenges and to identify personal strategies for overcoming setbacks.

Use this writing frame to reflect on a time you faced a challenge. Think about how you felt, what you did to keep going, and what you learned from the experience. Use the word bank to help your writing flow.

Resilience is like a mental muscle that grows stronger every time we face a difficult situation and choose not to give up.

Word bank: nevertheless · initially · persevere · perspective · overcoming · resilience · consequently · determination · furthermore · eventually

1. The Challenge: Briefly describe a situation where you found something difficult. Start with: 'Initially, I felt quite frustrated when I tried to...' (2 marks)

2. The Mindset: How did you change your way of thinking during this time? Start with: 'To help myself move forward, I decided to focus on...' (2 marks)

3. The Action: What specific steps did you take to keep going? Start with: 'I decided to persevere by...' (2 marks)

4. The Outcome: How did you feel once you reached your goal? Start with: 'Eventually, I realised that the challenge helped me to...' (2 marks)

5. The Lesson: Based on this, what advice would you give to Max the monkey if he was struggling with a complicated maths puzzle? Start with: 'If I were helping someone else, I would tell them that...' (2 marks)

Extension challenge: Write a short poem or a 'resilience mantra' that you can say to yourself the next time you encounter a difficult task.