

resilience

This worksheet is a guide to promote discussion and thought about resilience using Think-Feel-Be resources

Resilience is something that helps you deal with challenges.

Think about anything that helps you to feel resilient or deal with challenges.

Think of a time when you were worried about something not working out and in the end it ended up OK. What did you do that helped it to work out?

When things are not working out, it is easy to be disappointed and waste your energy thinking about things that you have no control over. Think of some situations that you are in and what is in your control and not in your control in these situations, so that you can make sure that you put your energy into what you CAN control!

	In your control	Not in your control
School work		
Friends		
Sport or activities		
Other		

TM
be
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feel
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think

resilience

Interview 1 or 2 people about a time that they were resilient and how they did this.

Choose 2 words from the Think-Feel-Be resilience poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

think - feel - beTM