

Resilience

Key Stage 3+

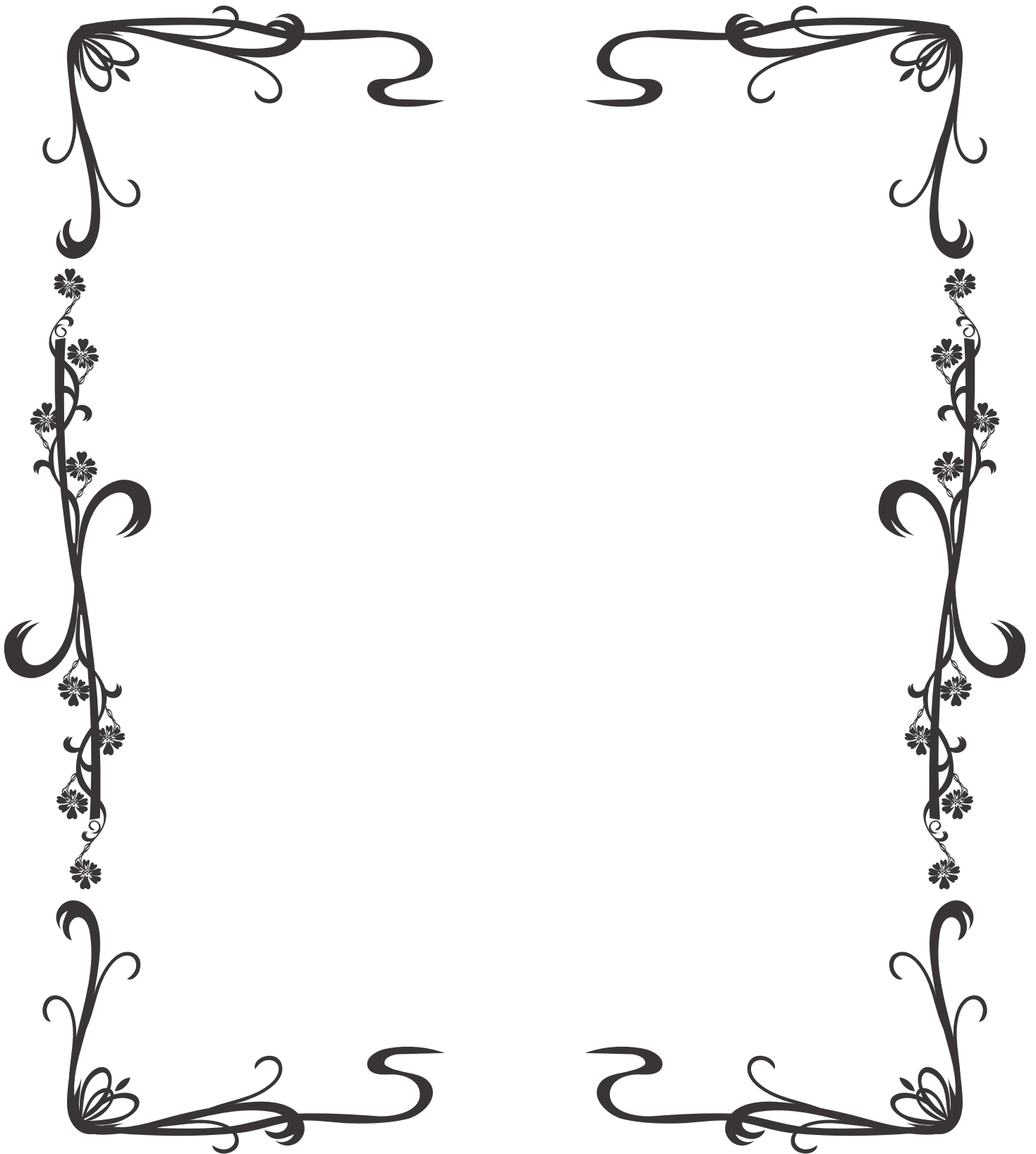
Time: 50 mins

Objective:

To define what resilience means, how it can help us maintain healthy mental wellbeing and how it can be developed.



Activity One - Create a vision board



Activity Two - Goal setting

I would like to get better at

.....

and will spend 10 minutes a day on this goal.

Signed.....

10 Minutes ☐

10 Minutes ☐

10 Minutes ☐

10 minutes ☐

10 minutes ☐

10 minutes ☐

10 minutes ☐

10 minutes ☐

10 minutes ☐

10 minutes ☐



How do you feel after doing this activity for a total of
100 minutes?

Your pillars of resilience

SOCIAL COMEPTENCE

HEALTH

TALENTS & INTERESTS

FAMILY

FRIENDSHIP

POSITIVE VALUES

EDUCATION

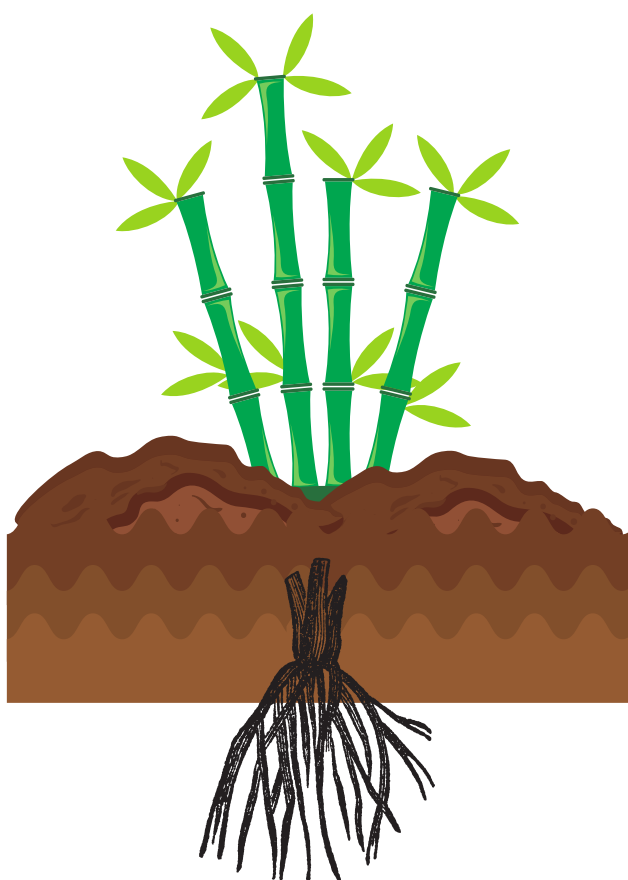


Activity Three - Be like bamboo

Set your intention now:

--

"I will help myself achieve this by:



[illegible]

Thank you for completing the Key
Stage 3+ webinar workbook on
resilience

See <https://cwmind.org.uk/information-centre-for-young-people/>