

Name: _____

How can I show more resilience?

Resilience is the ability to recover from difficulties and not let things get you down. We all face problems, make mistakes and get things wrong but it is important to bounce back as best we can and show bounce-back-ability!

Try filling each sticky note with an idea of how we can all be more resilient. Circle your favourite one and see if you can achieve that over the next week.

