

How can you show resilience?



What is resilience?

- Being able to cope when things are difficult
- 'Bouncing back' after stressful situations
- Trying your best to succeed despite challenges

In the grid write down two things you are struggling with at the moment.

e.g. I am finding it hard to stay motivated to do school work.

How can you show resilience?



How can you use **flexibility**, **perseverance** and **problem solving** to overcome this? Set yourself a target to improve.

e.g. I will try a new approach for the next three days and see if I get more work done.

Flexibility = changing your approach to a situation

Perseverance = continuing with a task despite challenges

Problem solving = coming up with different ways to solve a problem

Link to the video:



Watch this video before going on to do the activity:

[CLICK HERE FOR THE LINK](#)

This video is of former students from schools across the UK who have answered questions that will inspire you and hopefully give you some tips at this time!