

What is resilience?

Resilience is being able to 'bounce back' after a difficult situation.

Everyone experiences good times and difficult times in their life and being resilient helps us to deal with these difficult times more easily.

Questions for adults at home

- How do you keep going in difficult situations?
- Who helps you when you are finding things difficult?
- When have you had to show resilience before?
- What do you do to bounce back after a challenge?

There are lots of things we can do to help become more resilient, three of these are listed below:

1. Having a positive mind set – trying to find the good things about a difficult in a situation
2. Talking to others – asking people for advice or spending time with other people
3. Being flexible – changing the way we do something to make it better

Using the table below, think about two situations that might be feeling difficult for you now or have felt difficult in the past.

How can you use a positive mind set, talking to others and being flexible to show resilience in these situations and bounce back?

Situation	Showing resilience		
	Positive mind set	Talking to others	Being flexible
<i>Example</i> I cannot see my friends at school.	<i>I'm getting to spend lots of time with my family instead.</i>	<i>I will ask my sister about how she is finding not seeing her friends at school.</i>	<i>I could borrow a mobile phone to call my best friend to talk to them.</i>