

Growing My Resilience

Resilience is important because it helps us to bounce back when times are challenging. It is what makes us strong and able to cope.

What helps make us stronger and more resilient?
For example, these could be people or activities.

I am resilient because...

What do we mean by 'being resilient'?

I am growing everyday.

Things that happen in our lives which can test our resilience, such as things we find difficult or tricky:
For example: falling out with friends.