

Worksheet for Resilience Lesson Plan 1b

RESILIENCE: PAST AND FUTURE

This activity allows you to rewrite your story about a challenging time in your life. Recognising how you or others have overcome challenges can build resilience as it allows you to: recognise strengths and skills, identify what has been helpful in the past, and plan ways to face future challenges, including those online and offline.

1. The beginning chapter: What was the difficult time or challenge faced?

It was a challenge when...

2. Fill out the table below to reflect on the experience and identify possible resilience skills and resources that came from the experience. For example, what was learnt from the challenging experience, who was there to help, and how the experience led to positive change.

What was learnt from the experience?	What coping strategies or strengths were used?	Who were people that helped or could have helped?	What positives came from the experience?

3. The next chapter: Imagine in the future you're facing a challenging situation online (e.g. someone saying untrue things about you, receiving negative comments online, someone demanding a password to access an online account etc.)

Drawing on the resilience skills you identified in the table above, write some sentences about what you would do. Don't forget to mention the resources you could turn to or strengths you could draw on.

I could face a challenging situation online by...