

My Learning Log: About Resilience

I spy ...

This week I spotted people on the TV, from sport, amongst my family and friends showing resilience.
I also found out what they do to help themselves stick at things even when the going gets tough.

On TV

Who?

What?

How they do it?

Out and About

Who?

What?

How they do it?

Family and Friends

Who?

What?

How they do it?

Other

Who?

What?

How they do it?

My ideas for becoming more resilient

I could say to myself ...

I could start to ...

I could try ...



