

# SECRETS OF SUCCESS



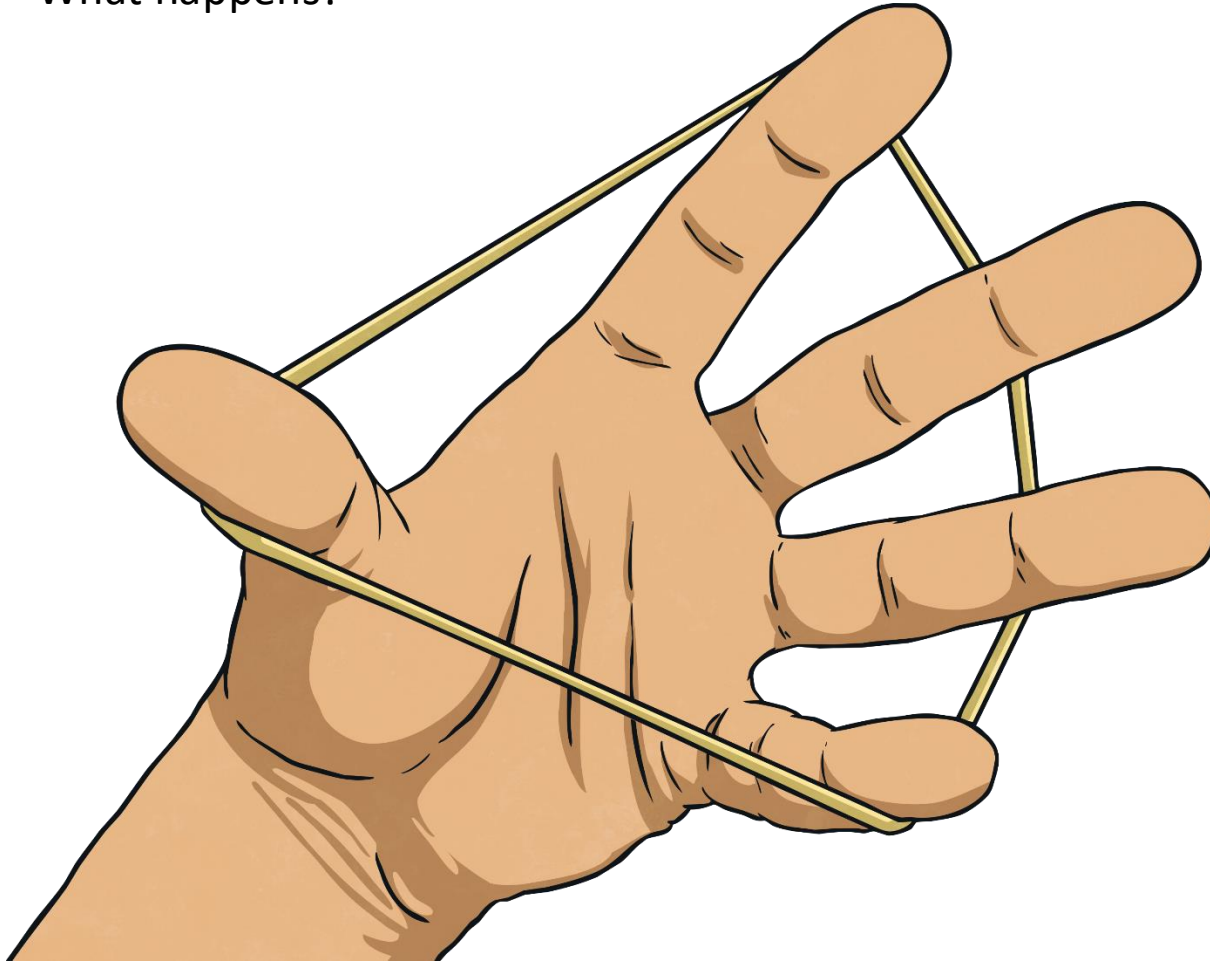
**Don't give up.**



**Resilience**

# Rubber Band

Can you permanently change the shape of the rubber band? What do you notice?  
What happens?



What do  
you see?

# Resilience

Some materials are able to bounce back after they have been bent or stretched.

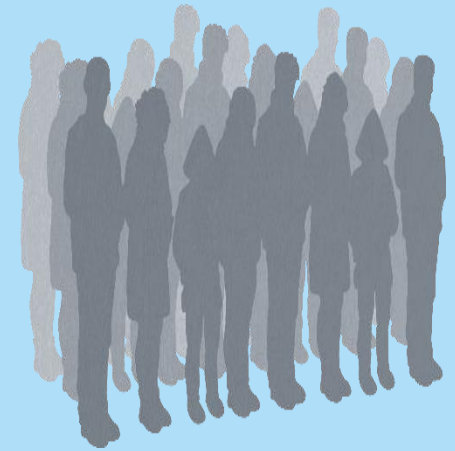
People who can bounce back when things have happened to them are known as

**resilient.**

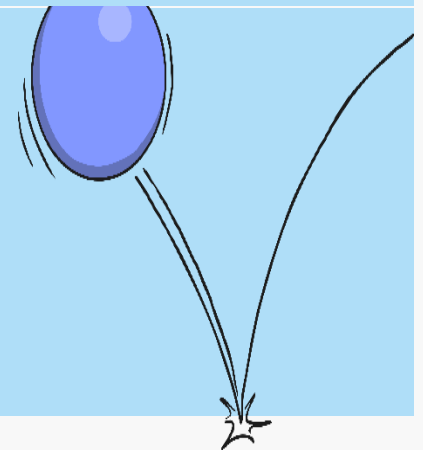
It is 'never giving up'

# What Is Resilience?

An individual person can be resilient or a group of people, an organisation or even a whole country can be described as being resilient.



Being able to 'bounce back' after a tough situation is not something we are all naturally good at and some people seem to be more resilient than others.



# Why Is It Important to Be Resilient?

In life, we all experience ups and downs, highs and lows, good times and not-so-good times.

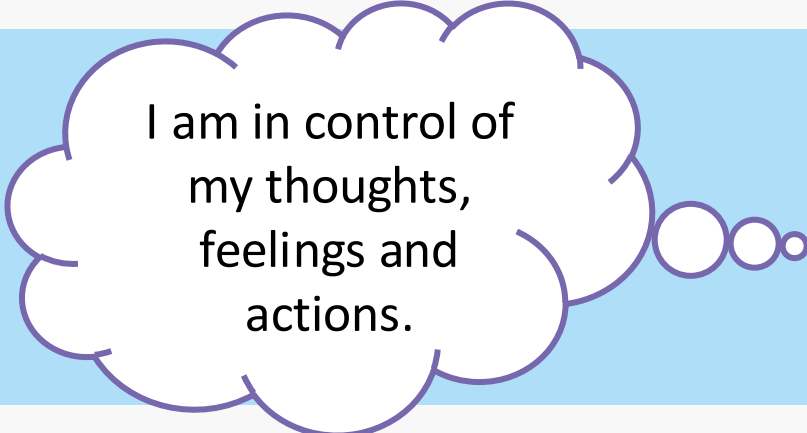
Being resilient doesn't mean not finding things difficult or not getting upset. It means being able to deal with things that are difficult and move on.



This is important so we can cope with whatever life throws at us and moving on means we can enjoy the good times that are often just around the corner!

# Believing That You Are in Control of Your Life

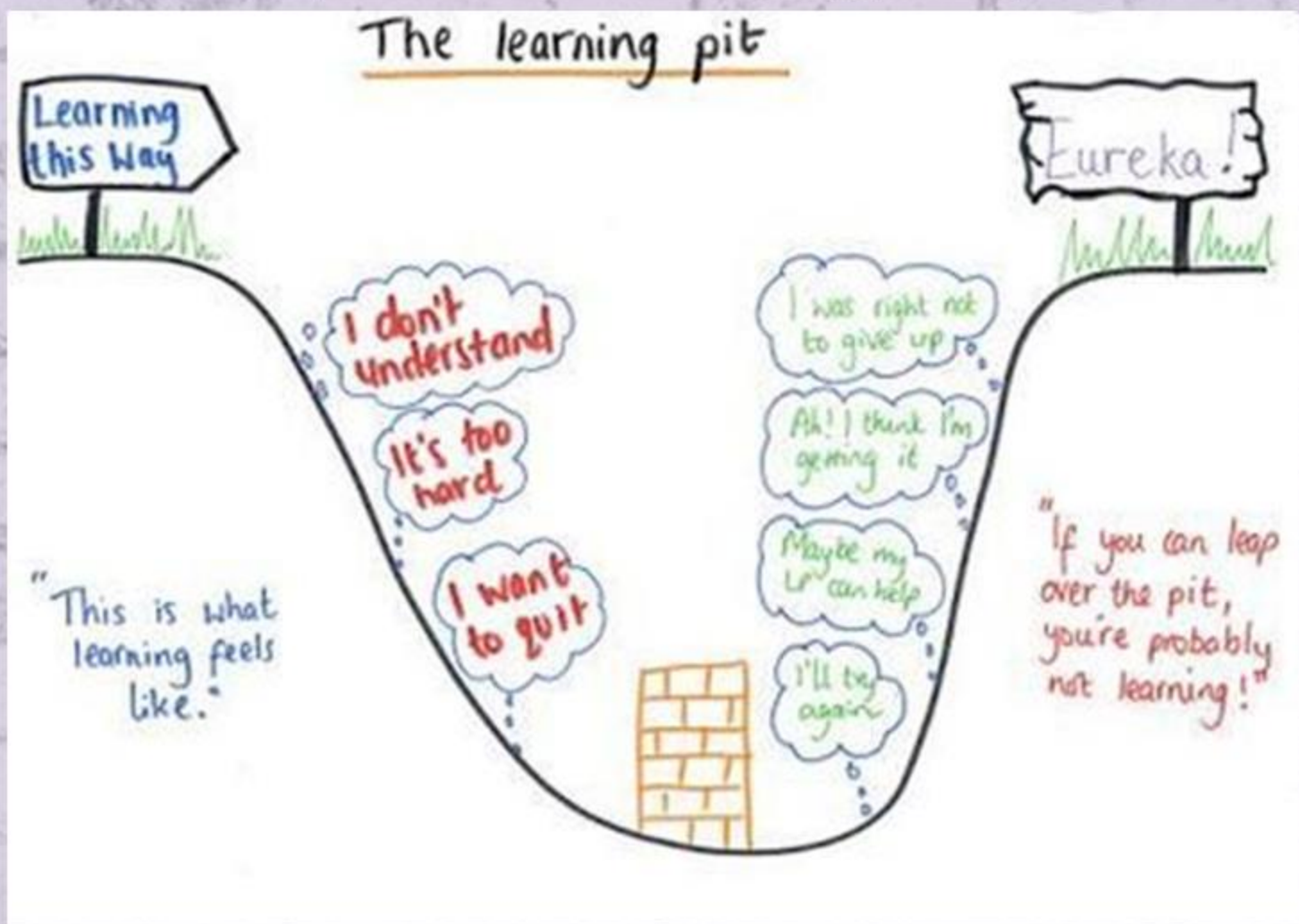
In life, sometimes we may feel that things are out of our control and we might start to panic.



I am in control of  
my thoughts,  
feelings and  
actions.

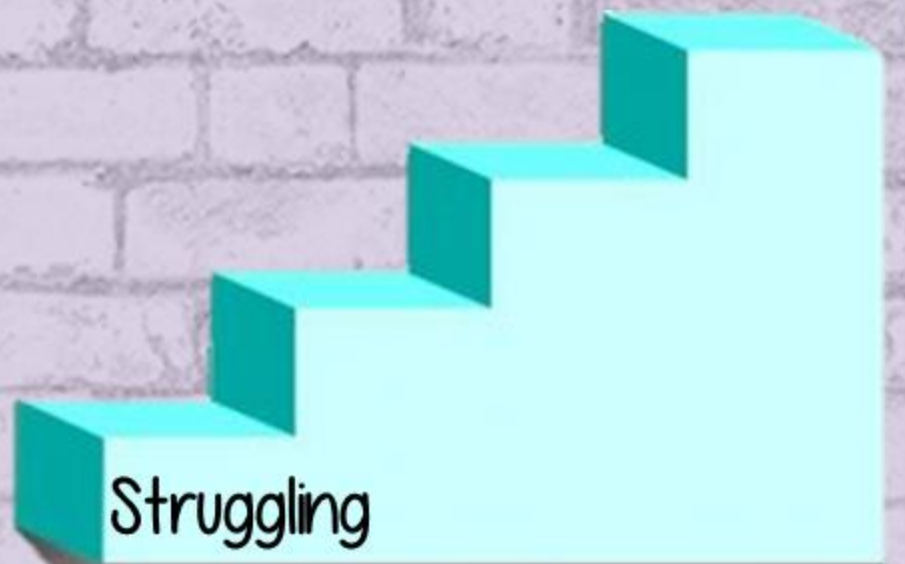
Remembering that we can make decisions about the way we think, feel, act and react can give us back the confidence we need to carry on.

# The Learning Pit



# The Learning Pit

- Struggling



# The Learning Pit

- Struggling
- Learning



# The Learning Pit

- Struggling
- Learning
- Working hard



# The Learning Pit

- Struggling
- Learning
- Working hard
- Improving



# Believing That You Have Value

Every single one of us is amazing!

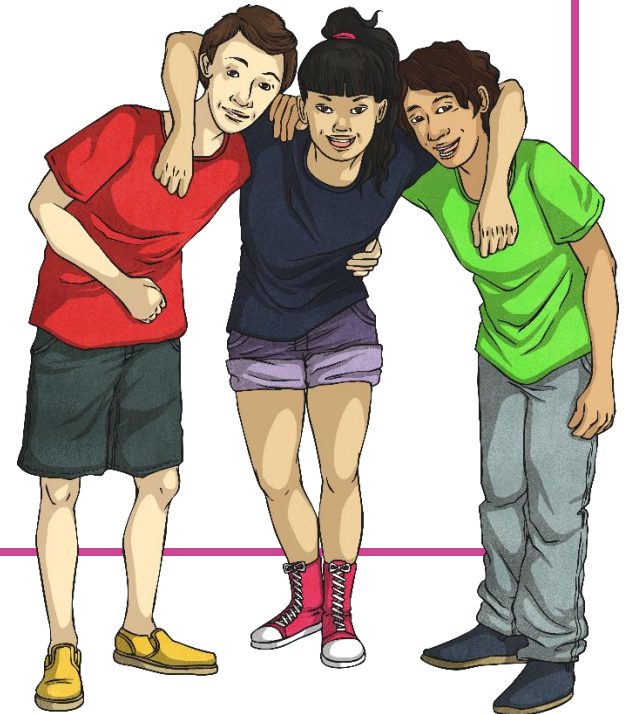
We all have parts of our personality that others love.

We all have something we can do for others.

We all have things we are good at.

We are all important.

We are all loved.

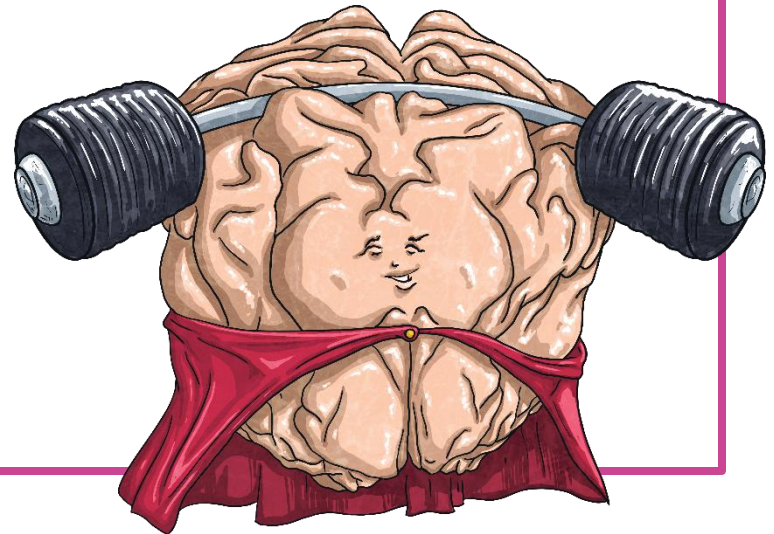


# Believing That You Can Do What You Set Your Mind to

Having a growth mindset is a big part of being more resilient.

It's all about having a 'can-do' attitude and remembering that we have learnt to do so much since being born.

If there is something we really want to be able to achieve, then we can! It might take time, patience and a lot of effort but we can achieve anything we set our mind to.

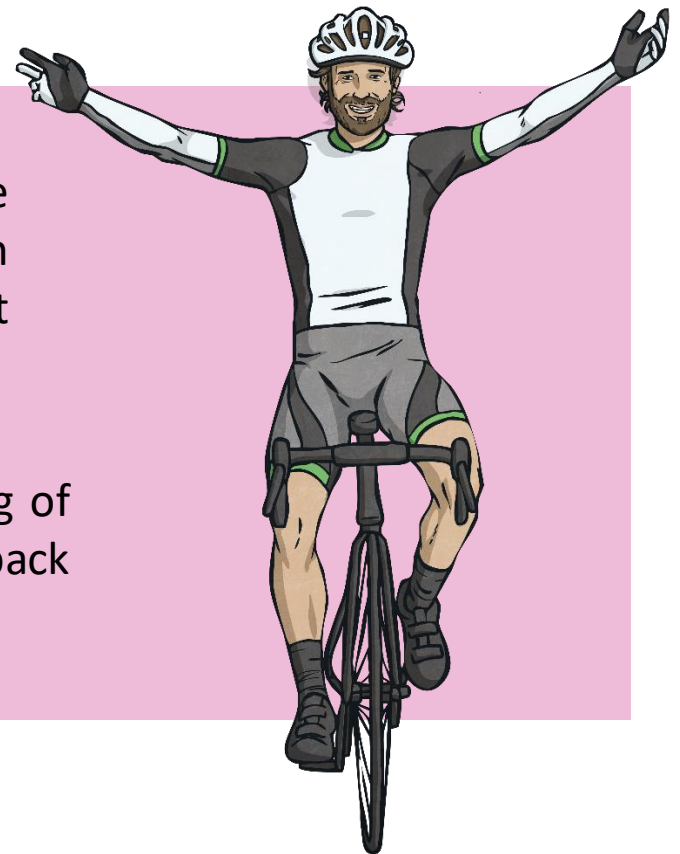


# Looking Forward to the Challenges Life Brings

Challenge is exciting. Sometimes new challenges can be different and daunting, but taking on the challenges life brings can be also be positive.

It enables us to practise skills we have already developed, solve problems, learn new skills and become more confident along the way!

And there is nothing quite like the feeling of overcoming a challenge and looking back afterwards at how you did it!



# Feeling a Sense of Purpose

When we realise that we are needed by others and that we have an important role to play in life, it helps us to pick ourselves up, dust ourselves off and carry on when times are tough.

Perhaps someone else looks up to you for help and advice like a younger brother or sister.

Perhaps your friend relies on you to cheer them up.

Perhaps you have a position of responsibility, like a team captain, a librarian or being a guide or scout.

Maybe you have a great idea for a life-changing invention that you want to work on when you're older.

All of these are great reasons to keep going!



# Keeping Your Thinking Flexible

Lots of things change day-to-day that are out of our control. Being able to change the way we think about something and maybe change our plans is really important.

We need to remind ourselves that it's OK to be wrong about something, that it is OK to change our minds about something and that it is OK for others to do the same.

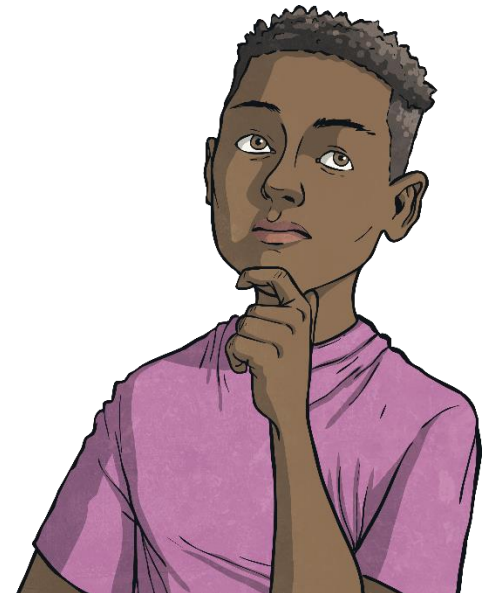


# Being Resilient

What have you learnt about resilience today?

What might you try to do to become more resilient?

How can we help each other to be more resilient?



# Using Positive Statements

The more we become aware of positive statements, the more we start to get used to thinking these positive statements independently.

Try saying a positive statement to yourself, a family member or a friend at the start of every day.

Perhaps you could write down some positive statements and stick them on the wall? Or, if you keep a diary or use social media try recording just the positive things.

