

Resilience Builder



What is Resilience?

It means not giving up when things get tough— learning from challenges and growing stronger.

Resilience Worksheet

Middle school



Rate yourself on a scale of 1-5 for each statement:

1 = Never True

5 = Always True

| Statement | Rating |
|--|--------|
| I can usually handle disappointments without getting upset | |
| When I make a mistake, I try to learn from it | |
| I believe I can improve at things I find difficult | |
| I can usually find different ways to solve a problem | |
| I know how to calm myself down when I'm stressed | |
| When things go wrong, I can bounce back pretty quickly | |
| I ask for help when I need it | |
| I try to see challenges as opportunities to grow | |

| | |
|----------------|------------|
| RESILIENCE KEY | Total_____ |
|----------------|------------|

- 8-16 = Beginning Resilience Builder - You have room to grow!
- 17-28 = Developing Resilience Builder - You're making progress!
- 29-40 = Advanced Resilience Builder - You have strong resilience skills!

Note: This isn't about judging yourself — it's about understanding where you can grow stronger.

Resilience In Real Life



Read each scenario and answer the questions:

Scenario 1: Social Media Drama

After posting a picture of your art project online, someone leaves a mean comment saying it looks terrible. Several people like their comment.

Unhelpful reactions might be:

- Immediately deleting your account
- Posting something mean about the person who commented
- Believing you're a terrible artist and should quit

What would be a resilient response to this situation?

Scenario 2: Academic Challenge

You studied hard for your math test but still received a much lower grade than you expected.

What thought might be going through your head?

What actions would show resilience in this situation?

Scenario 3: Team Tryouts

You didn't make the team/club/group you really wanted to join.

How would this effect you?

List 3 resilient ways to respond to this scenario:

1.

2.

3.



Think about someone you know (or a public figure/character) who has shown strong resilience:

| | |
|---------------|--------------------------------|
| Who are they? | What challenges did they face? |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

What specific resilience strategies or mindsets did they use that you could apply to your own life?

Self Reflection

When I face challenges, my typical first reaction is:

Three strengths I already have that help me be resilient:

1.

2.

3.

Two areas where I could improve my resilience:

1.

2.

My stress signals (How I know when I'm getting overwhelmed — physical feelings, thoughts, behaviors):

My go-to resilience strategies (List 3-5 specific actions that help you bounce back):

My Resilience Action Plan

One resilience skill I want to strengthen:

Why I chose this skill:

Three specific actions I can take to develop this skill:

1.

2.

3.

How I'll know if I'm making progress:

One person who can support me:
