

Bounce-Back Kids



What is Resilience?

Resilience means bouncing back and trying again when something is hard!

Resilience Worksheet

4th-5th grade



Draw a line to match the right definition to each word:

Word

Setback

Perseverance

Growth

Mindset

Definition

To keep trying even when it's hard

Something that doesn't go as planned

Getting stronger or better over time

The way you think about challenges

Think about it: Write about a time when you faced a challenge but didn't give up. What happened and how did you feel afterward?

Scenario Challenge

Riley studied hard for a math test but still got a low score. Circle what Riley could do to show resilience:

- (A) Decide they're just bad at math and stop trying
- (B) Talk to the teacher about what went wrong and make a study plan
- (C) Hide the test so no one sees it
- (D) Blame the teacher for making the test too hard

 Draw a line matching each feeling with a helpful strategy:


Feeling


- Frustrated
- Disappointed
- Overwhelmed
- Discouraged

Strategy

- Talk to a trusted friend
- Remember a time you succeeded
- Take 3 deep breaths
- Break the problem into smaller parts

My Resilience Toolkit

 Draw and label your personal "Resilience Toolbox" with at least 4 tools (strategies) you can use when facing a challenge:

 Create a short, powerful phrase to remind yourself to be resilient: Example: I can do hard things.

Helping Others Bounce Back



2/ You notice your friend is upset because they weren't chosen for the basketball team.

Write or draw two things you could say or do to help them be resilient:



 Who are the people that help you bounce back when things are tough?

List three people and how they help you:

1. _____ helps me by _____

2. helps me by

3. _____ helps me by _____

Reflection



Write three things you learned about resilience today:

1.
2.
3.



What is one way you will practice resilience this week?