Building Resilience

Learning to Navigate Challenges, Recognize Strengths, and Move Forward

Student Reflection Worksheet | Ages 10–14

Resilience means learning how to respond to challenges, adapt to changes, and move forward with support. It does not mean that you have to feel strong all the time or solve every problem alone.

Part 1 — Reflecting on a Challenge

Think about an everyday challenge you feel comfortable exploring. It could involve schoolwork, friendships, learning a new skill, or adjusting to change. You may skip any question you do not feel comfortable answering.

1. Recognizing My Challenge

What is a challenge I have experienced recently?

2. Understanding My Feelings

How did this experience make me feel?

- ☐ Worried
- ☐ Frustrated
- ☐ Sad
- ☐ Angry
- ☐ Confused
- ☐ Disappointed
- ☐ Hopeful
- ☐ Unsure
- ☐ Other: _____

What would help me feel supported?

3. Recognizing My Strengths

Which personal strengths could help me navigate this challenge?

- ☐ Courage
- ☐ Creativity
- ☐ Patience
- ☐ Kindness
- ☐ Determination
- ☐ Problem-solving
- ☐ Asking for help
- ☐ Other: _____

4. Identifying My Support System

Who is someone I trust and can turn to for support?

5. Choosing a Healthy Coping Strategy

What could help me manage my feelings or respond to this challenge?

- ☐ Take a short break
- ☐ Talk with a trusted adult
- ☐ Draw, write, or express my feelings
- ☐ Participate in an activity I enjoy
- ☐ Break the problem into smaller steps
- ☐ Ask someone to help me make a plan
- ☐ Other: _____

6. Taking My Next Step

What is one small, realistic action I can take?

Remember: Asking for help is a strength. You do not have to face difficult situations alone.

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My Personal Resilience Plan

Part 2 — Building Skills for Everyday Life

Use this plan whenever you experience a challenge, face a change, or need encouragement.

Three strengths I can build on:

Two trusted people I can ask for support:

Two healthy coping strategies I can practice:

One achievable goal I want to work toward:

My first small step toward this goal:

When I will check my progress:

Looking Back and Moving Forward

What have I learned about myself?

What would I like to try differently next time?

My Resilience Reminder

I can experience difficult feelings and still move forward.
I can learn from my experiences without blaming myself.
I can ask for help when I need it.
Small steps count, and progress takes time.

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Guidance for Supporting Adults

Supporting reflection, healthy coping, and personal growth

Encourage students to complete this activity voluntarily and at their own pace.

- Acknowledge feelings without judgment.
- Recognize effort rather than focusing only on outcomes.
- Help students identify safe, realistic next steps.
- Respect privacy and avoid requiring personal disclosures.
- Reinforce the importance of supportive relationships.
- Respond appropriately to concerns involving bullying, abuse, or unsafe circumstances.

> Resilience should never be presented as a responsibility to tolerate harmful situations.

Educational Purpose

This original, research-informed Emolift resource supports guided reflection, healthy coping, personal growth, and help-seeking. It is not a validated psychological assessment or a substitute for individualized professional support.

Research References

American Psychological Association. (n.d.). *Resilience guide for parents and teachers.* https://www.apa.org/topics/resilience/guide-parents-teachers

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Related Podcast: Bouncing Back with Karen Brisport

Learning. Reflection. Resilience.