Positivity and Resilience

Positivity and resilience are the skills needed to keep going when things are tough, or to bounce back from a disappointment. Here are some situations where these skills are useful:

- When you have been disappointed by your mark in a test
- when you have received criticism from others
- When you have found it difficult to achieve something that is important to you

If you have a different example please write it below:

Now think about one of these situations and how you reacted.

What was positive?

What was negative?

Being resilient can help us to move forwards at school, at home and at work. Complete the table below to see how resilient you feel now:

	I consistently do this	I sometimes do this	I don't often do this
If I experience disappointment, I can accept it and plan my next steps			
If I find something difficult, I work at it, or ask for help instead of giving up			

Remember that our language and tone when speaking to others will influence their view of us. They may think we are a 'positive' person or a 'negative' person. This can also affect how people feel in our company.

Now choose one of the situations at the top of the page. Think about how you could react if something like that happened again.

Write down below:

1) ways that you could respond positively in that situation:

2) how you can express your feelings to others without being unduly negative:

3) what actions you could take to achieve a better outcome in the future: