

Maroon Outdoor Education Centre

Resilience - Core Learning



Resilience is the ability to bounce back after a set-back.

Characteristics of a resilient person:

	Self Esteem	Support	Strengths	Skills
Good	I believe that I am good at some things.	I have people that encourage me	I am free to make choices	I can communicate with others
Great	The things that I am good at are important to me.	I have people who will help me	I am self-motivated	I can solve problems
Awesome	I am confident in who I am	I have people I trust	I am hopeful about my future	I can reflect on who I am

Strategies for building Resilience:

Build your self-esteem	Look for people who will support you	Use your strengths to build new strengths;	Extend your skills
<ul style="list-style-type: none"> • have a positive self-talk • learn how to cope with bullying 	<ul style="list-style-type: none"> • Getting support 	<ul style="list-style-type: none"> • be responsible so others will trust you • develop good self-organisation skills • create a plan to help achieve a goal 	<ul style="list-style-type: none"> • use a problem solving strategy to solve a problem • Use conflict resolution skills to resolve an issue • use reflection strategies



Building resilience through challenge:

A resilient person is one who has the ability to rebound from adversity by using a variety of skills.

These skills can be learned by students by trying various strategies in challenging situations.

Thoughtful debriefing gives students the opportunity to reflect on the strategies so that they can refine them for future challenges in life. The diagram models the cycle of developing strategies;