

Building Resilience: A Student's Guide



01

Embracing a Growth Mindset

Instilling a mindset that abilities grow with effort helps students embrace challenges and persist. This approach encourages learners to see effort as a path to mastery and fosters resilience in the face of setbacks.



02

Learning from Edison's Failures

Thomas Edison's journey teaches that failure is a vital part of learning. His persistence through many attempts highlights how mistakes can lead to eventual success and deeper understanding.



03

Using Positive Self-Talk

Encouraging positive self-talk equips students to cope with difficulties by replacing doubts with affirmations. This skill helps maintain motivation and confidence during challenging moments.



04

Bounce Back: Class Discussion

In class, students share stories of overcoming obstacles to strengthen their resilience. This activity builds a supportive environment where experiences of bouncing back are celebrated and learned from.



05

Family Resilience Journal Activity

Students engage their families by keeping a journal that records daily challenges and solutions. This extends the lesson beyond the classroom, fostering resilience habits at home and reinforcing growth mindset principles.

