

TRUE OR FALSE?

DATE: _____

CIRCLE TRUE OR FALSE



1. RESILIENCE MEANS ALWAYS FEELING HAPPY AND CONFIDENT. TRUE/FALSE
2. SETTING ACHIEVABLE GOALS IS AN IMPORTANT PART OF BUILDING RESILIENCE. TRUE/FALSE
3. PERSEVERANCE MEANS GIVING UP WHEN THINGS GET TOUGH. TRUE/FALSE
4. HAVING A GROWTH MINDSET MEANS BELIEVING THAT YOUR ABILITIES CAN IMPROVE WITH EFFORT AND PRACTICE. TRUE/FALSE
MAKING CHOICES INVOLVES CONSIDERING THE CONSEQUENCES OF YOUR ACTIONS. TRUE/FALSE
5. OVERCOMING ADVERSITY MEANS NEVER EXPERIENCING CHALLENGES OR SETBACKS. TRUE/FALSE
6. MENTAL WELL-BEING INCLUDES TAKING CARE OF YOUR EMOTIONAL AND PSYCHOLOGICAL HEALTH. TRUE/FALSE
7. RESILIENCE IS ABOUT BOUNCING BACK QUICKLY WITHOUT LEARNING FROM SETBACKS. TRUE/FALSE
8. SETTING GOALS HELPS YOU STAY FOCUSED AND MOTIVATED. TRUE/FALSE
9. DEVELOPING A POSITIVE MINDSET INVOLVES CHALLENGING NEGATIVE THOUGHTS AND BELIEFS. (TRUE) TRUE/FALSE

DATE: _____

What did I learn about Scott from his story?

SCOTT HARRIS

BACKGROUND:

KEY EVENTS:

WHAT HAPPENED NEXT:

THE FOUR RESILIENCE FACTORS ARE:

MY RESPONSE:

AFTER HEARING SCOTT TALK I (FEEL, THINK, WANT TO KNOW...)

SCOTT'S STORY

DATE: _____

SCOTT'S STORY - WHEN DID SCOTT SHOW THESE RESILIENCE FACTORS?

MAKING CHOICES

PERSERVERANCE

GOAL SETTING

MINDSET

DATE: _____

it's time to think about your learning so far!

MY REFLECTIONS

WHICH PART OF SCOTT'S STORY INSPIRED YOU THE MOST? WHY?

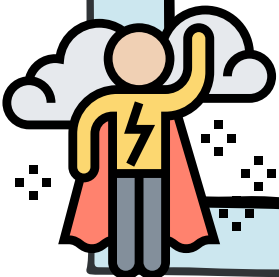
HOW CAN YOU APPLY ONE OF THE RESILIENCE FACTORS IN YOUR OWN LIFE?

The four resilience factors Scott talks about are:

Making Choices
Setting Goals
Perseverance
and
Mindset

setting goals is important so we can keep learning

DESCRIBE A GOAL THAT SCOTT'S STORY HAS INSPIRED YOU TO SET FOR YOURSELF.



SMART GOALS

DATE: _____

MY DREAM GOALS

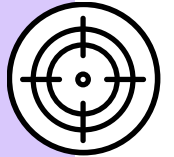
USE THE SPACE BELOW TO WRITE OR DRAW SOME THINGS YOU WOULD LIKE TO ACHIEVE NOW OR IN THE FUTURE

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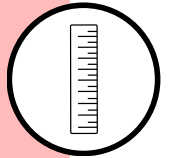
SMART GOALS

Write goals that are SMART

SPECIFIC



MEASUREABLE



ATTAINABLE



RELEVANT



TIME



MY GOALS

.....
School:

.....

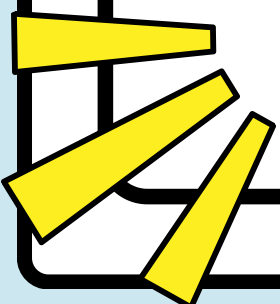
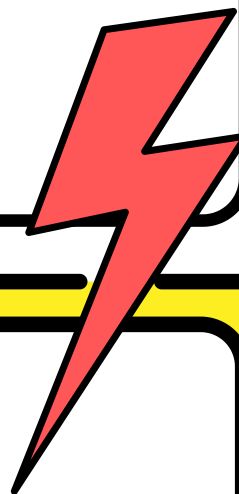
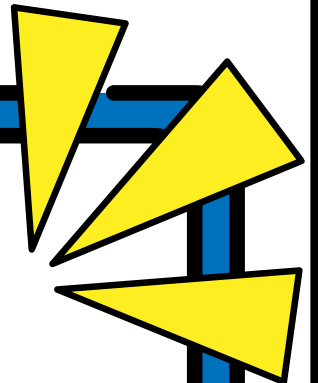
Social:

.....
Character:

.....

.....
Hobbies:

.....



BREAKDOWN YOUR GOALS!

WHAT IS MY GOAL?

S

Specific



M

Measurable



A

Achievable



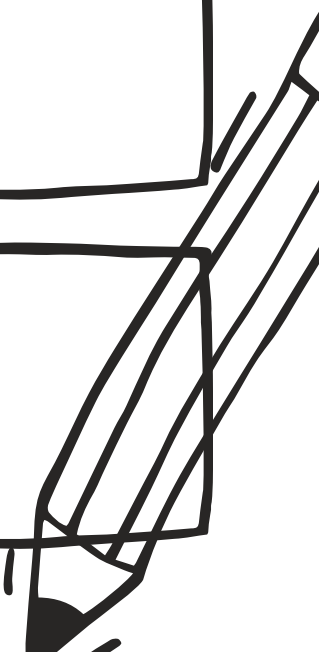
R

Relevant



T

Time



HAPPINESS

DATE: _____

WHAT MAKES ME HAPPY

WRITE OR DRAW THINGS THAT MAKE YOU HAPPY

A large white rectangular area with a black border, intended for writing or drawing. It contains several horizontal lines for writing, starting from the bottom left and moving upwards. At the bottom left corner of this area, there is a yellow smiley face emoji with red cheeks and a black smile.



WHAT WOULD YOU DO?

Scenario 1: Homework vs. Play

You have a big science project due in a week that you haven't started yet. Your friends invite you to play at the park after school. Do you start working on your project, or do you go play with your friends?

Scenario 2: Joining a New Club

Your school has started several new clubs, including a coding club, a gardening club, and a book club. You are interested in all three but only have time to join one. How do you decide which club to join?

Scenario 3: Responding to a Bully

Scenario: "A student in your class has been making fun of you for your lunch choices. Do you ignore them, confront them, tell a teacher, or try to make them laugh? What do you think is the best approach?"

Scenario 4: Group Project Decisions

Scenario: "Your group is assigned a project on Australian history. There's a disagreement about which topic to choose: The Gold Rush, The First Fleet, or Indigenous History before colonisation. How do you work together to make a decision?"

Scenario 5: Cheating on a Test

Scenario: "You notice a classmate looking at their notes during a test. What do you do? Do you tell the teacher, confront your classmate, ignore it, or do something else?"