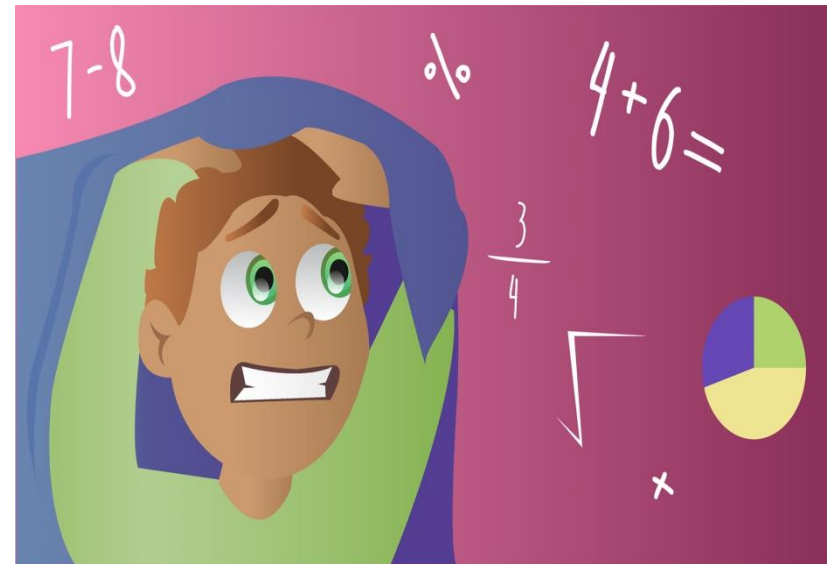




What does it mean to be  
resilient?  
How are you resilient?

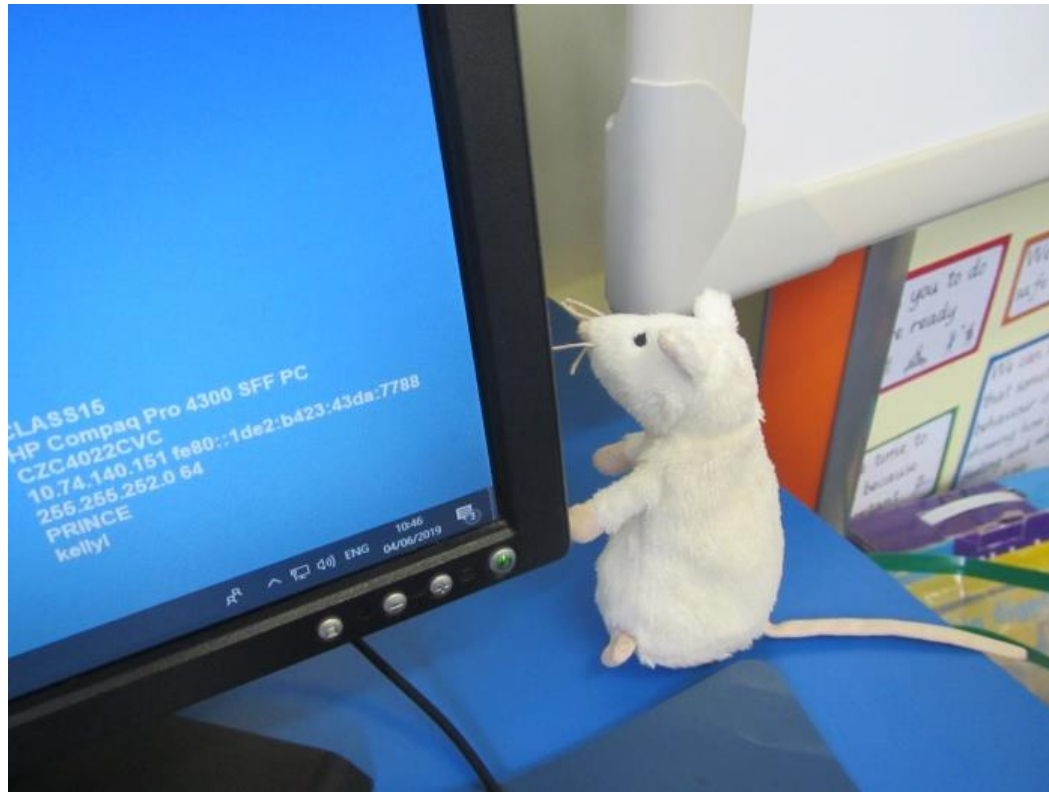




**The Story of Resilience  
Mouse  
By Rainbow Class**



Yesterday, Resilience  
Mouse was feeling hungry.  
He looked for some  
cheese



He looked behind the computer. He couldn't find any cheese but he liked it.



He looked in the hanging basket with the strawberry plants. He couldn't find any strawberries or cheese but



He **asked** his friend **Walt** if he knew where the **cheese** was. **Walt** didn't know but **Dorothy** liked him.

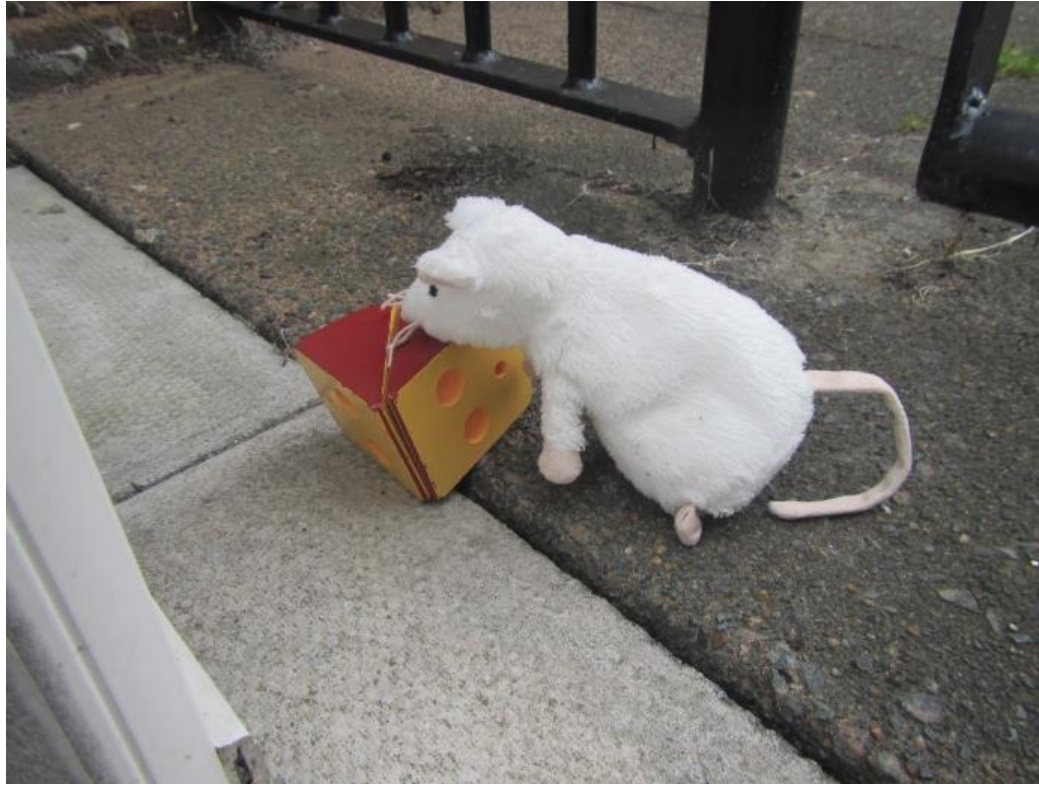


He looked in the doll's house. He couldn't find any cheese but he didn't give up





He looked in Percy Panda's house. He couldn't find any cheese but he didn't give up



He looked behind the  
door. He found some  
cheese!



Well done, **Resilience**. You didn't

# How did Resilience feel?

angry 

frustrated   
d

sad 

lonely 

desperate   
ate y

She was unstoppable,  
not because she did not have  
failures or doubts, but  
because she continued on  
despite them.

-Beau Taplin



# What can you do to become more resilient?

Talk to people who care about you.

Ask for help.

Think creatively  
- what can I do differently

?

Think positive!

Practise being resilient by challenging yourself in things you're good at.

**'I Will Get Back Up  
Again!'**



<https://www.youtube.com/watch?v=Yf5o-d0qg1g>

**“I am not what happened to me,  
I am what I choose to become.”**

—Carl Gustav Jung