



Journal/ Elearning/ Workbook



Resilience and Me

For Children aged 7 - 12

Packed with Jokes 'n Quotes
Includes Certificates of Achievement

Resilience and Me

A programme for children aged 7 – 12 to facilitate
the development of resilient attitudes and
behaviours.

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Acknowledgements

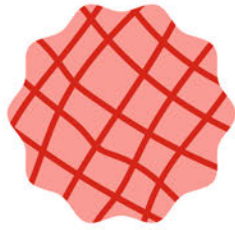
Embrace Resilience would like to thank the teachers, children and parents that made this book possible. Special thanks to the teachers and children of Light Oaks Junior School, Salford, for working with Embrace and providing feedback on the programme.

About the Programme

This programme is not intended to replace professional or psychological advice from professionals. If you have concerns about your child's mental health or wellbeing you should contact at least one of the following: the child's school, your GP, the local authority Safeguarding Team or local Mental Health Services.

Embrace Resilience cannot be held responsible for any loss or damage suffered as a result of complete reliance on the guidance, contents, or any errors or omissions contained in this book.

The Resilience and Me Journal is part of a learning programme which includes an online learning course called Resilience and Me and a workbook which can be downloaded from the online course. The course is available for free with this journal. Login details are included on page 6.



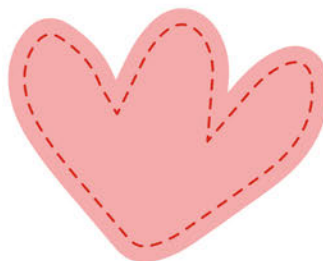
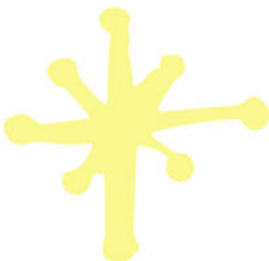
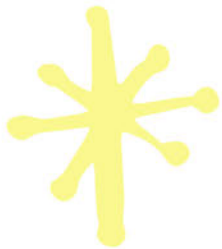
About Resilience and Me

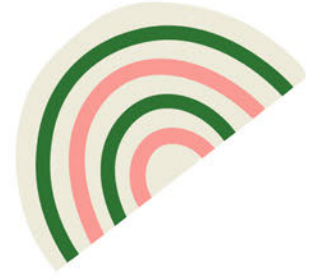
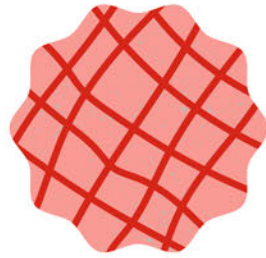
Welcome to the Resilience and Me learning programme. We hope you enjoy learning about Resilience and how it can make you healthier, happier and stronger as you grow and learn.

If you stick with it and work through the three parts of this programme you will learn very important things that will stay with you for many years to come and will help you to grow into the person you really want to be.

The three parts to the Resilience and Me Programme are:

- Part One - this Journal you are reading right now.
- Part Two - a fun e-learning course you will complete online.
- Part Three - a workbook to be downloaded from Unit 7 of the e-learning course.





Completing the Journal

Do a little every day.

Fill in the pages with your parent, a friend, a family member or by yourself.

Don't try to finish it quickly. You should complete the journal each and every day. If you miss a day just pick up where you left off. The important thing is that you finish the programme no matter how long it takes.

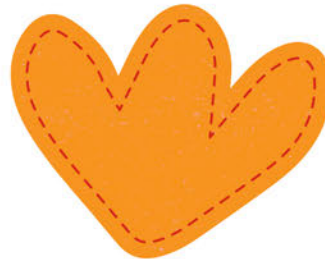
Make a promise to 'sign in' to your journal every morning to read the quote or joke for the day and set a goal for the day ahead.

Open the book again for your evening entry. You should switch between the journal and the e-learning to get the best out of both of them.

Try to learn your favourite quotes and jokes so you can remember them and tell them to your friends and family.

This journal is your toolbox for resilience. The main tools are:

- Quotes to remember
- Reflection sheets
- Goals you set for yourself
- The tasks you complete



As you work through Resilience and Me, speak to the people you trust most, especially your best friends, teachers and above all, your family, about how you feel and what you are learning.





Let's Get Started!



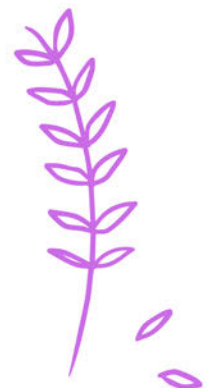
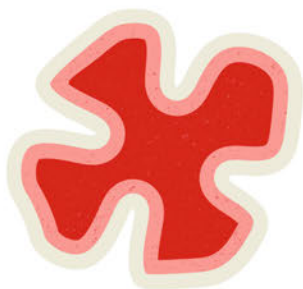
Super fuel

Resilience is a word you may not have heard before. Luckily, you already have some. The more you have the better, but what is it?

Resilience is the ability to carry on when things are difficult. You show resilience when you bounce back would bad things happen. Resilient people still find things difficult, they get stressed, feel afraid and lack confidence but they learn to face their fears and carry on.

One way to think of Resilience is as a kind of magic super fuel. Everyone has it - we can't live without it, but some people have more of this fuel than others. The great thing about Resilience is that you can learn to create this fuel yourself. Some days you will need more resilience than others. As you work through the Resilience and Me programme you will find that the more you use your resilience, the more fuel you create. In fact, if you complete all three parts of the Resilience and Me Programme and use the tools we mentioned, you will have a life-time supply of this very special fuel.

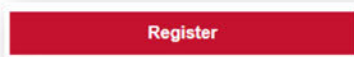
Before you go any further, ask an adult to register and enrol you on your e-learning course.



Registration:

To take the course your parent / guardian / other adult, will need to register their details at: <https://www.embrace-learning.co.uk>

Click on the Register button and complete the form (the title, first name and surname should be the name of the adult).



Remember or write down below the username and password chosen when registering as you will need to enter these details to access your course.

My UsernameMy Password.....

Enrolment:

Once registered, click on 'Enrol'

When prompted, enter the following licence code: PPWWFF

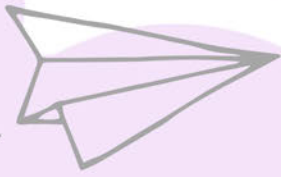


Complete units 1 and 2 of the e-learning course now to learn more about what we mean by Resilience.

For the next two weeks you should aim to complete one journal page every day.

Open a new page every morning, circle the day of the week and write the date. Then spend a minute reading the page. Carry on with your day and then some time in the afternoon or evening answer the questions for that day.





This Book
Belongs
To:



Day
1

Date:

Mo

Tu

We

Th

Fr

Sa

Su



Quote for the day.

“ Life is tough my Darling, but so are you. ”



Remember this quote today. If you see someone who is having a bad time you may want to say these words to them. You don't have to say the 'darling' bit, but if you do you may well get a smile in return.

My goal for the day

Write down three things I enjoy doing and that I'm good at.

.....
.....
.....



This is the best thing that happened today

.....
.....

I achieved the goal I set myself earlier today.

Circle the one that applies.

Yes

No

If not, why not?

Circle one of the words or enter your own reason below:

Forgot

Couldn't be bothered

Not interested

Other reason

Put a circle around the word or words that best describes your day today:

Fantastic

Great

Ok

Not Bad

Nothing Special

Awful

A Disaster

Why did you choose that word/those words to describe your day?

.....

Write down or draw some thoughts or feelings you've had today that stand out from all the others.



Tell this joke to at least one person tomorrow.



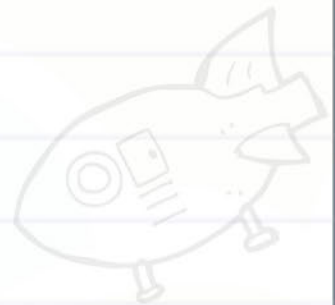
Why did the student eat his homework?

Because the teacher told him it was a piece of cake!



EMBRACE

RESILIENCE



Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy

Date:



Quote for the day.

“If You Want Something You’ve Never Had, You’ve Got To Do Something You’ve Never Done”



Remember it and tell it to at least one person today.

My goal for the day

Here’s one thing I don’t really like doing but I’m going to try and do it today because I know it’s a good thing to do.

(It doesn’t have to be a big thing. It could be anything like tidying your room, brushing your teeth, eating your vegetables, learning your times tables.)

I achieved the goal I set myself earlier today. Circle the one that applies.

Yes No

If not, why not?

Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested



Other reason

How did you talk to yourself today? Did you build yourself up or pull yourself down? These are the things I said to myself:

★

★

Describe anything that happened today where your resilience came in handy.



.....
.....
.....

Write down or draw some thoughts or feelings you've had today that stand out from all the others.

Tell this joke to at least one person tomorrow.

Why did the kid cross the playground?

To get to the other slide.



EMBRACE

RESILIENCE

Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy

Date:



Quote for the day.

“It’s not happy people who are grateful, it’s grateful people who are happy.”



Remember it and tell it to at least one person today.

My goals for the day are to:

a) List three things I like about being me and one thing that’s not so good that I would like to change.

.....
.....
.....

Here’s what I want to change:

b) Complete Unit 3 (Things to Remember) of the e-learning course.



The day is nearly done.

I achieved the goals I set myself earlier today. Circle the one that applies.

Yes No

If not, why not?

Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason.....

Put a circle around the word or words that best describes your day today:

Fantastic Great Ok Not Bad Nothing Special Awful A Disaster

Why did you choose that word/those words to describe your day?

.....
.....



Write down or draw some thoughts or feelings you've had today that stand out from all the others.



A large, light blue rectangular area with horizontal lines, intended for writing or drawing thoughts and feelings.

Tell this joke to at least one person tomorrow.

Why was 6 afraid of 7?

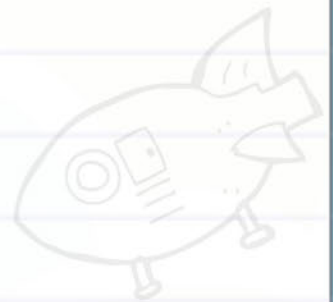


Because 7, 8, 9



EMBRACE

RESILIENCE



Today I was (tick at least 2 but no more than 5)

- Brave
- Helpful
- Grateful
- Truthful
- Resilient
- Responsible
- Selfish
- Dishonest
- Mean
- Lazy

Date:



Quote for the day.

“ Life is 10% of what happens to you and 90% of how you respond. ”



Remember it and tell it to at least one person today.

My goal for the day

My goal for the day is to complete a reflection sheet before I go to bed.



You can see an example on the next page.



I achieved the goal I set myself earlier today. Circle the one that applies.

Yes No

If not, why not?

Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

Circle the word or words that best describes how you felt today.

Fantastic Great Ok Not Bad Nothing Special Awful A Disaster



Why did you choose that word/those words to describe how you felt today?

.....
.....
.....
.....



Responsibility

Think of one thing that you did or did not do that you were responsible for today. What did you do or fail to do? It can be something that went well or something that went wrong.



Example

Here's what happened today:

I was asked to tidy the bedroom I share with my brother. He didn't want to help me so I decided to do it myself.

Here's what I did well:

I did it quickly and when I finished the room looked tidy.

Here's what I will do next time:

I will take more time to do it properly and make sure the drawers, shelves and floor are clean and tidy. That way I know I will feel proud I have done a good job and Mum will be proud of me too.

Here's what I did:

I shoved all our stuff into the drawers and under the bed to make the room look tidy.

Here's what I could have done better:

I could have put things back in their proper place and made sure that even the places you can't see, like under the bed and in the drawers, were tidy.



Now you try!

Responsibility



Think of one thing that you did or did not do that you were responsible for today. What did you do or fail to do? It can be something that went well or something that went wrong.

I am responsible for:

.....
.....
.....

Here's what I did:

.....
.....
.....

Here's what I did well:

.....
.....
.....

Here's what I could have done better:

.....
.....
.....

Here's what I will do next time:

.....
.....
.....



Write down or draw some thoughts or feelings you've had today that stand out from all the others.

Tell this joke to at least one person tomorrow.

What is a witch's favourite subject in school?

Spelling!



EMBRACE

RESILIENCE

Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy

Date:



Quote for the day.

“ The words that matter most are the ones that you say to yourself ”



Remember this and tell it to at least one person today. That person could be you 😊

My goal for the day

Today I am just going to listen to how I talk to myself, especially if I am nervous or I make a mistake. I will write down what I say to myself later.



The day is nearly done.

Write down what you would like your inner voice to say when you ...

Make a mistake or get something wrong:

.....
.....
.....

I achieved the goal I set myself earlier today. Circle the one that applies.

Yes No

If not, why not?

Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason.....

When you know you have been mean to someone:.....

.....

When you don't want to do something but you know you should:.....

.....

Circle the word or words that best describes how you felt today:

Happy Great Worried Sad Lonely Excited Proud Angry

Why did you choose that word/those words to describe how you felt today?

.....
.....

Write down or draw some thoughts or feelings you've had today that stand out from all the others.



Tell this joke to at least one person tomorrow.

What kind of tree fits in your hand?

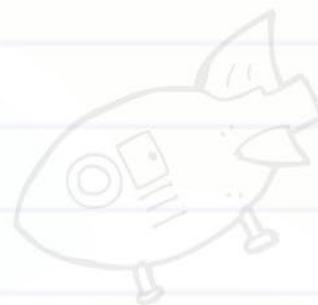


A palm tree!



EMBRACE

RESILIENCE



Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy

Day
6

Date:



Quote for the day.

“ Fall down 7 times but get up 8. Falling down is an accident. Staying down is a choice. ”

Remember this and tell it to at least one person today.

This quote means that if you actually fall over it is best to try to pick yourself up rather than wait for someone else to do it for you.

It also means that, if you are finding things difficult, you shouldn't just give up and wait for someone to put it right. You can try to put it right yourself.

Remember resilient people also ask for help when they need to. They just try to figure it out first themselves first.

My goal for the day

Today I am going to think about the times I have actually fallen down in the past or felt sad or disappointed. Did I stay down for a while hoping someone would pick me up or did I pick myself up?



The day is nearly done.

I'm very good at picking myself up or making myself feel better when I feel down

True False

I achieved the goal I set myself earlier today (circle the one that applies):

Yes No

If not, why not?

Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

Write about any time you fell down and picked yourself up.

.....
.....

The next time you fall down or find something difficult will you pick yourself up or wait for someone else to come and do it for you?

Pick myself up Wait for someone else

Write down or draw some thoughts or feelings you've had today that stand out from all the others.

Tell this joke to at least one person tomorrow.

How do we know that the ocean is friendly?



It waves!



EMBRACE

RESILIENCE

Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy



Date:



Quote for the day.



“ We don't really know what we think until we hear ourselves say it. ”



Remember this and tell it to at least one person today.

This just means that talking, or better still, writing down our thoughts and feelings is one of the most important things we can do. It helps us:

- solve problems
- understand ourselves
- boost confidence

My goal for the day

Complete this journal page.

What three things have happened recently that made you feel proud?

.....

.....

.....

What worries you most about the future?

.....

.....

Why does this worry you?

.....

.....

Who can you talk to about this worry?

.....

.....

I achieved the goal I set myself earlier today (circle the one that applies):

Yes No

If not, why not? Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

Evening Entry

The day is nearly done.

Write down or draw some thoughts or feelings you've had today that stand out from all the others.



A large rectangular area with a light blue background and horizontal lines, intended for writing or drawing.

Tell this joke to at least one person tomorrow.

Why was the baby strawberry crying?

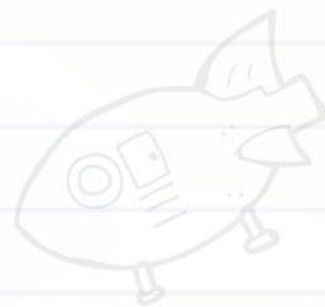


Because her parents were in a jam.



EMBRACE

RESILIENCE



Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy

Day 8

Date:



Quote for the day.

“Tough times don't last. Strong people do.”



Remember this and if you see someone who is finding things difficult you may want to say these words to them.

My goal for the day

Here's one thing I'm not looking forward to today or I don't like doing, but I will try and see if I can make it enjoyable:

.....

Evening Entry

The day is nearly done.



Circle the word or words that best describes your day:

Fantastic Great Ok Not Bad Nothing Special Awful A Disaster

Why did you choose that word/those words to describe your day?

.....
.....
.....

I achieved the goal I set myself earlier today (circle the one that applies):

Yes No

If not, why not? Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

Today I was good at some things and not so good at others.

Tick the things below that apply today. Give yourself a point for every one you got right and deduct one for the not so good things.

Here are the good things

- I was brave/courageous
- I did something nice for someone else
- I did something I really enjoyed
- I felt strong
- I told the truth to myself and others
- I made a mistake and felt okay about myself. (I learned from it.)
- Other.....
.....
.....

Here are the not-so-good things

- I was lazy
- I was mean to someone
- I did something I knew to be wrong
- I was selfish
- I said something I knew wasn't true
- Other.....
.....
.....

Score



Write down or draw some thoughts or feelings you've had today that stand out from all the others.

Tell this joke to at least one person tomorrow.

Where do fish keep their money?

HAHA!

In the River-Bank!



EMBRACE

RESILIENCE

Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy

Day
9

Date:




Quote for the day.

“Resilience is not just about the ability to keep going but the ability to start again from scratch.”



Remember this and tell it to at least one person today.

My goal for the day 

Here's one thing I'm going to do today that I have already done once but I'm going to start it again from scratch and do it even better.

.....

Evening Entry

 The day is nearly done. 

I achieved the goal I set myself earlier today (circle the one that applies):

Yes No

If not, why not? Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

Describe a situation today where your resilience came in handy.

.....
.....

Circle the word or words that best describes how you felt today:

Happy Great Worried Sad Lonely Excited Proud Angry

Why did you choose that word/those words to describe your day?

.....
.....

Write down or draw some thoughts or feelings you've had today that stand out from all the others.

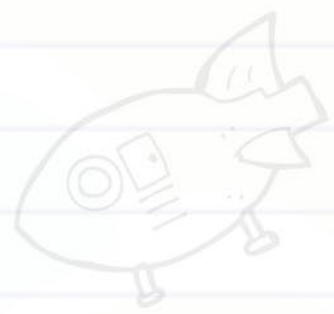
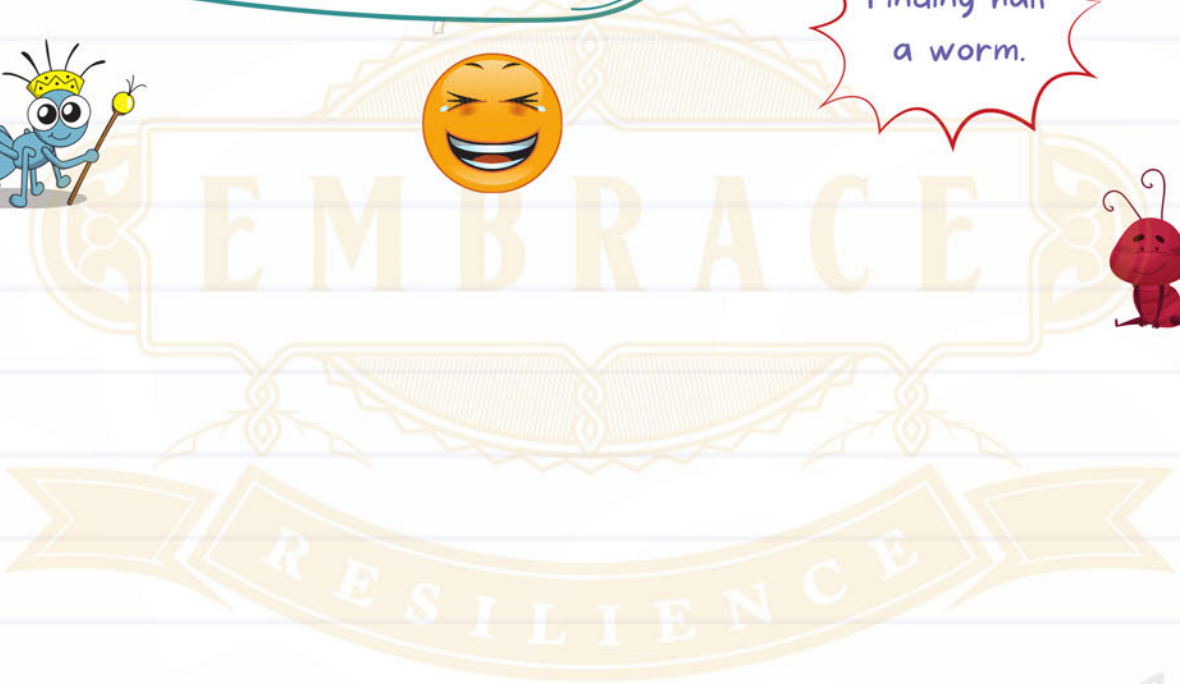


A large rectangular area with a light blue background and horizontal lines, intended for writing or drawing.

Tell this joke to at least one person tomorrow.

What's worse than finding a worm in your apple?

Finding half a worm.



Today I was (tick at least 2 but no more than 5)

- Brave
- Helpful
- Grateful
- Truthful
- Resilient
- Responsible
- Selfish
- Dishonest
- Mean
- Lazy

Date:



Quote for the day.

“It’s not that hard to make decisions when you know what’s important to you.”



Remember this and tell it to at least one person today.

My goal for the day

To list three things that are super-important to me. Look at the list of values below and pick out the three that are most important to you and write them down. These are your Core Values.

- | | | |
|-----------------|--------------|----------------|
| Bravery/courage | Freedom | Sharing |
| Beauty | Giving | Winning |
| Manners | Gratitude | Responsibility |
| Hard work | Hope | Respect |
| Discipline | Health | Money/Wealth |
| Equality | Humour | Trust |
| Excellence | Independence | Persistence |
| Enjoyment | Fair play | |
| Endurance | Learning | |

These are the things that are really important to me; my Core Values:

1

2

3

I achieved the goal I set myself earlier today (circle the one that applies):

Yes No

If not, why not?

Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

What do you like most about becoming more resilient?
.....
.....



Write down or draw some thoughts or feelings you've had today that stand out from all the others.

Tell this joke to at least one person tomorrow.

How do you make an octopus laugh?

With tentacles!



EMBRACE

RESILIENCE

Today I was (tick at least 2 but no more than 5)

- Brave
- Helpful
- Grateful
- Truthful
- Resilient
- Responsible
- Selfish
- Dishonest
- Mean
- Lazy

Day 11

Date:



Remember this and tell it to at least one person today.

Quote for the day.

“ No act of kindness, however small is ever wasted. ”



It's great to be kind. If you do a random act of kindness for someone without being invited to or asked to, it's even more special.

My goal for the day

My goal for the day is to perform an act of kindness for at least one person without being asked to and without expecting anything in return - not even a Thank You 😊



The day is nearly done.

I achieved the goal I set myself earlier today (circle the one that applies):

Yes No

If not, why not? Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

Random Act of Kindness

Here's what happened today:

Here's what I did:

.....

Doing something nice for someone made me feel (circle those that apply. There may be more than one answer)

Stupid Proud Good about me Good about them Taken advantage of

Write down or draw some thoughts or feelings you've had today that stand out from all the others.



A large rectangular area with a light blue background and horizontal lines, intended for writing or drawing.

Tell this joke to at least one person tomorrow.

What do you call a funny mountain?

Hill-arious.



EMBRACE

RESILIENCE



Today I was (tick at least 2 but no more than 5)

- Brave
- Helpful
- Grateful
- Truthful
- Resilient
- Responsible
- Selfish
- Dishonest
- Mean
- Lazy

Day
12

Date:



Quote for the day.

“
**Strong kids stand up for themselves.
Stronger kids stand up for others.**
”



Remember this and tell it to at least one person today.

My goal for the day

Complete the Reflection Sheet.
Also, if you have not done so already, finish the first 6 units in the Resilience and Me e-learning course and get your Silver Certificate.

Evening Entry

The day is nearly done.

Standing up for Others

Write about a situation where someone was being picked on or bullied



Here's what happened:

Here's what I did:

Here's what I did well:

Here's what I could have done better:

Here's what I will do next time:

I achieved the goal I set myself earlier today (circle the one that applies):

Yes No

If not, why not? Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

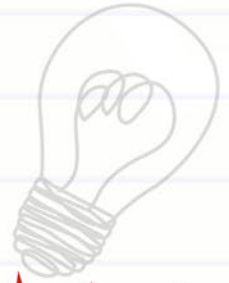
Other reason

Write down or draw some thoughts or feelings you've had today that stand out from all the others.

Tell this joke to at least one person tomorrow.

Why are ghosts bad liars?

Because you can see right through them.



EMBRACE

RESILIENCE

Today I was (tick at least 2 but no more than 5)

- Brave Helpful Grateful Truthful Resilient Responsible
 Selfish Dishonest Mean Lazy

Day
13

Date:



Remember this and tell it to at least one person today.

Quote for the day.

“Don't swap what you want most for what you want now!”



My goal for the day

Complete a reflection sheet on 'Deferred Gratification'.

Deferred gratification means to put off or to delay what you want now so that you can have it later.

Deferred Gratification



Think of one thing that you did today or very recently where you showed that you can defer gratification for today. What did you do (or not do?) It can be something that went well or something that went wrong.



Completed Reflection Sheet Example

Here's what I wanted:

I wanted to play a video game.

Here's what I did:

I waited until after dinner even though I wanted to play as soon as I came in from school.

Here's what I did well:

Even though I wanted to play right away, I did something else to take my mind off it until later.

Here's what I could have done better:

I could have got my school work done before I started playing.

Here's what I will do next time:

I will do the things I don't enjoy so much because I know they need to be done. Then and only then will I play any video games.

Now you try!

Deferred Gratification

Think of one thing that you did today or very recently where you showed that you can defer gratification for today. What did you do (or not do?) It can be something that went well or something that went wrong.



Here's what happened:

.....
.....

Here's what I did:

.....
.....

Here's what I did well:

.....
.....

Here's what I could have done better:

.....
.....

Here's what I will do next time:

.....
.....

I achieved the goal I set myself earlier today
(circle the one that applies):

Yes No

If not, why not? Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

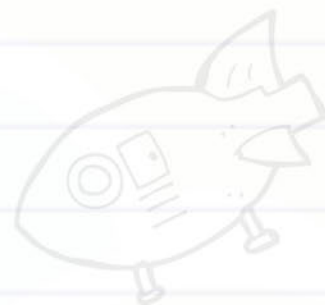
Write down or draw some thoughts or feelings you've had today that stand out from all the others.



Tell this joke to at least one person tomorrow.

Why couldn't the pony sing a lullaby?

She was a little horse.



Today I was (tick at least 2 but no more than 5)

- Brave
- Helpful
- Grateful
- Truthful
- Resilient
- Responsible
- Selfish
- Dishonest
- Mean
- Lazy

Day
14

Date:



Quote for the day.

“The person who never made a mistake never made anything.”



My goal for the day

Complete a Reflection Sheet.



Making mistakes

Think of one thing that you did not get right today or made a mistake with. What did you do or fail to do?



Completed Reflection Sheet Example

Here's what I did:

I got a low mark for my work and the teacher said I must do better.

Here's what I did well:

I did finish the work and handed it in when I was supposed to. I didn't make excuses for the low mark.

Here's what I could have done better:

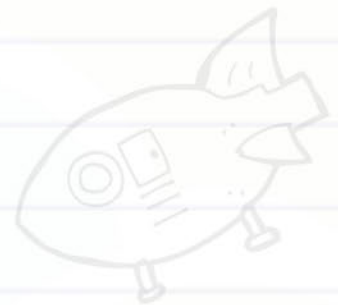
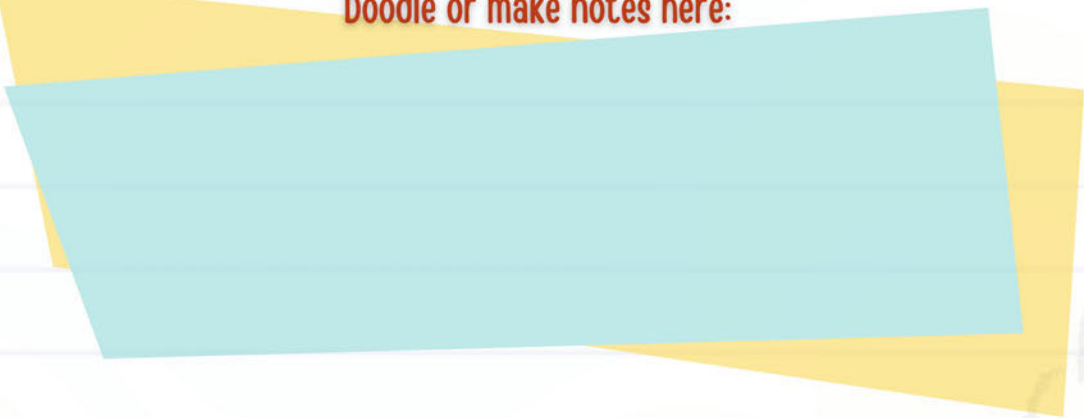
I could have made sure it was better before I handed it in. I could have made sure I understood exactly why I didn't get a good score.

Here's what I will do next time:

I won't hand in my work until I am sure it's the best I can do. This way it doesn't matter so much what score I get as long as I know I did my best. Then I can feel proud of my work.

Now you try!

Doodle or make notes here:



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- Selfish Dishonest Mean Lazy

Making mistakes

Think of one thing that you did not get right today or made a mistake with. What did you do or fail to do?



Here's what I did:

.....
.....

Here's what I did well:

.....
.....

Here's what I could have done better:

.....
.....

Here's what I will do next time:

.....
.....

I achieved the goal I set myself earlier today
(circle the one that applies):

Yes No

If not, why not? Circle one of the words or enter your own reason below:

Forgot Couldn't be bothered Not interested

Other reason

Circle the word or words that best describes your day:

Fantastic Great Ok Not Bad Nothing Special Awful A Disaster

Why did you choose that word/those words to describe your day?

.....
.....

Write down or draw some thoughts or feelings you've had today that stand out from all the others.

Tell this joke to at least one person tomorrow.

Excuse me Miss. Would it be fair if I got in to trouble for something I didn't do?

No of course it would not be fair for you to get in to trouble for something you haven't done.

Thanks Miss, because I haven't done my homework. 😊



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Congratulations

Congratulations! You have now completed 14 days of good work on building your resilience.

At this point you should have already achieved your Bronze and Silver certificates.

If you haven't already done so you should complete the Resilience and Me Workbook downloaded from Unit 7 of the course.

You will then have earned your Gold certificate.

If you would like a quality printed and framed copy of your certificate (see below for prices), please send an email to: info@embrace-learning.co.uk. Certificates are mounted in Perspex clip frames.

Please include the following information in your email:

The full name that is to be printed on the Certificate(s)
Which Certificates you would like prints of (Bronze, Silver, Gold)
The size - either A4 or A5
Your full postal address

The individual prints cost:

A4 - £15* A5 - £13.50*

*this includes postage and packaging to mainland UK

Payment is to be made by BACS transfer to:

Account Number: 23110281

Sort Code: 20-01-96



Resilience and Me is not something you start and finish and then move on to something else. The tools you have used here could help for the rest of your life. You may remember what we said about resilience at the start: the more you use it the more you have.

You should open up the e-learning course from time to time to refresh your memory and update your responses to some of the questions.

