



Journal/ Elearning/ Workbook



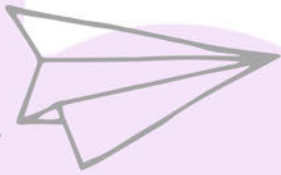
Resilience and Me

For Children aged 7 - 12

**Packed with Jokes 'n Quotes
Includes Certificates of Achievement**

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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.



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?

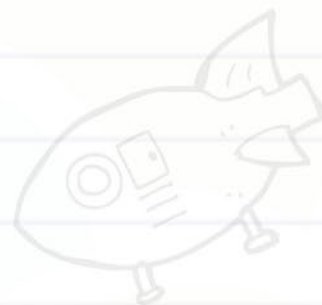


Because the teacher told him it was a piece of cake!



EMBRACE

RESILIENCE



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

- | | | | | | |
|----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Brave | <input type="checkbox"/> Helpful | <input type="checkbox"/> Grateful | <input type="checkbox"/> Truthful | <input type="checkbox"/> Resilient | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Selfish | <input type="checkbox"/> Dishonest | <input type="checkbox"/> Mean | <input type="checkbox"/> Lazy | | |



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.



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

- | | | | | | |
|----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Brave | <input type="checkbox"/> Helpful | <input type="checkbox"/> Grateful | <input type="checkbox"/> Truthful | <input type="checkbox"/> Resilient | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Selfish | <input type="checkbox"/> Dishonest | <input type="checkbox"/> Mean | <input type="checkbox"/> Lazy | | |

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End of Sample

