

Bounce Forward Healthy Minds Resilient Learners Student Handbook

Name:

Teacher:



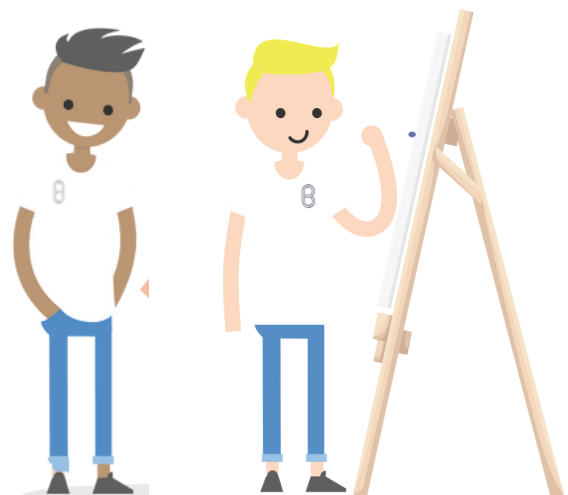


Lesson 1

Barriers to success

Learning outcomes

- To apply the skills of resilience to studying and exam experiences
- To identify my personal learning experience
- Identify and set objectives that improve the learning experience.



Notes page lesson 1

Learning timeline worksheet

lesson 1

After you have mapped out your learning timesheet. Consider and answer the questions below.

What did you notice?

What are the highs for you?

What are the lows for you?

Did you capture any beliefs that helped or hindered your journey?

Learning action plan

Me at my learning best

Identify an Activating Event in your learning in the last year that was difficult for you.
Fill in the Beliefs and Consequences.

Activating event

Who, what, where, when

Beliefs in that moment

Consequences

Emotions and behaviour at the time

Identify an Activating Event in your learning journey.
Fill in the Beliefs and Consequences.

Notice the difference and think about what you are like at your learning best.

Activating event

Who, what, where, when

Beliefs in that moment

Consequences

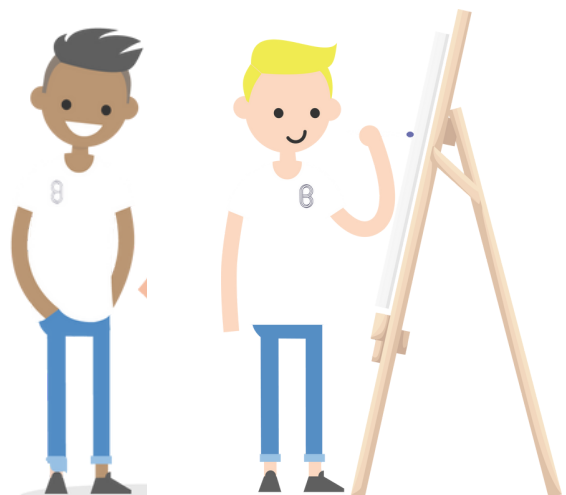
Emotions and behaviour at the time

Lesson 2

Learning priorities and strategies

Learning outcomes

- Explore my strengths and weaknesses in my approach to learning
- Teach my peers about an area I am comfortable with
- Learn from my peers about an area that I am less comfortable with



Notes page lesson 2

Pair & share worksheet

What was it like to teach?

What I notice or learn at each station?

In what ways was it helpful hearing different experiences of learning?

Learning action plan

Capabilities

List two strategies that can help you in each capability

Perseverance

- 1.
- 2.

Getting going

- 1.
- 2.

Keeping it in perspective

- 1.
- 2.

Getting unstuck

- 1.
- 2.

Which capability are you best at?

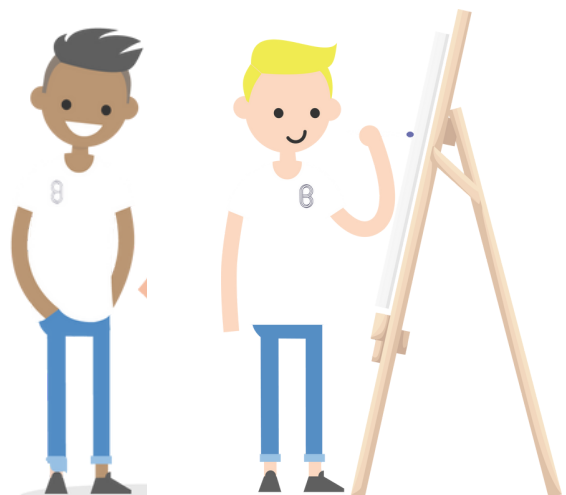
Which capability do you need to work on?

Lesson 3

Learning mindsets

Learning outcomes

- Explore the beliefs I have about learning
- Understand that a growth mindset about learning and intelligence will help me
- Identify evidence for a growth mindset about learning

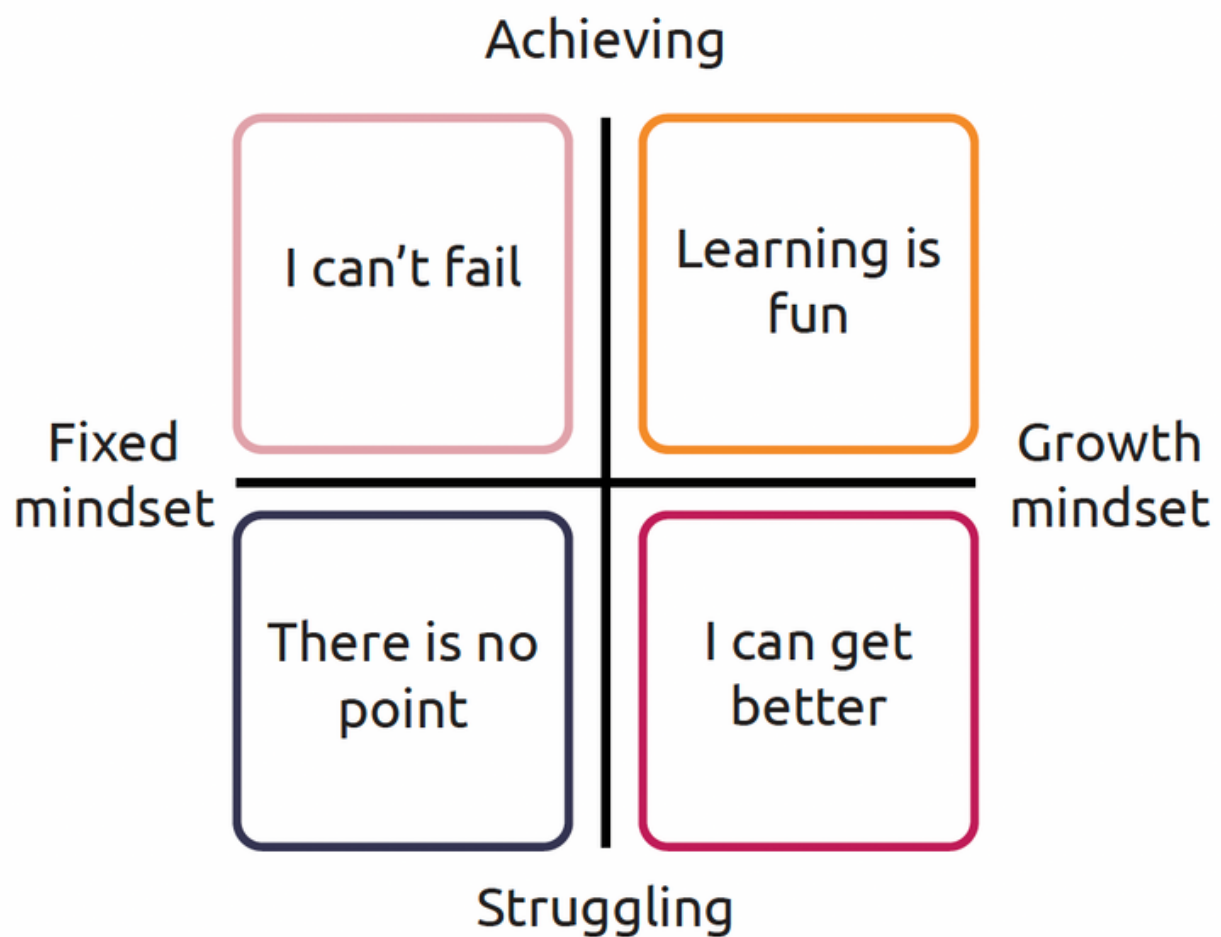


Different mindsets worksheet

Fixed mindset

Growth mindset

Fixed/growth mindset



My growth mindset worksheet

What can I do to have a growth mindset?

What Gremlins Beliefs do I have that are getting in the way for me?

What evidence can I use to help me move the Gremlin Beliefs on?

Who and/or what can help?

Learning action plan

Fixed & growth mindsets

For each fixed mindset statement, write an alternative growth mindset version

Fixed mindset

I am no good at this
I give up
It's good enough
I can't make this any better
This is too hard
I made a bad mistake
I just can't do this
I'll never be smart
Plan A didn't work, that's it
My friend can do it

Growth mindset

List a few areas in your life in which you have a growth mindset

- 1.
- 2.
- 3.

List a few areas in your life in which you have a fixed mindset

- 1.
- 2.
- 3.

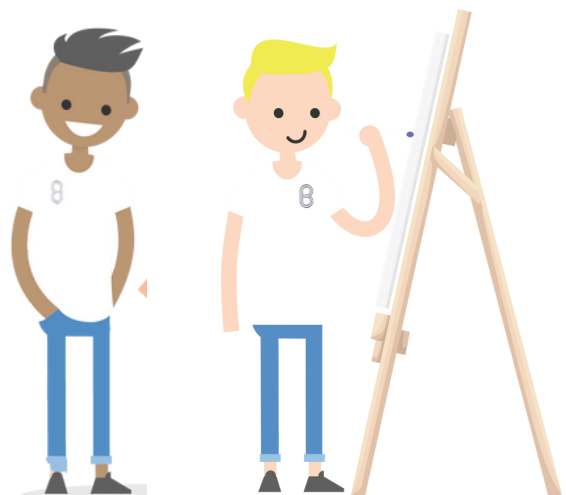
In the areas where you tend to have a fixed mindset, what can help you move to a growth mindset?

Lesson 4

Dealing with anxiety

Learning outcomes

- Identify when anxiety is getting in the way of my learning or my ability to do my best in tests and exams
- Reinforce my knowledge of the WoBbLe skill
- Reinforce my skills for harnessing emotions



WoBbLe worksheet

Activating event

1.Worst case

2.Best case

3.Most likely

Plan to help me to deal with the most likely

Learning action plan

Overcoming anxiety

Describe what happens when you feel anxious

List some strategies that you can use to help you when you feel anxious. Also include who or what else might help.

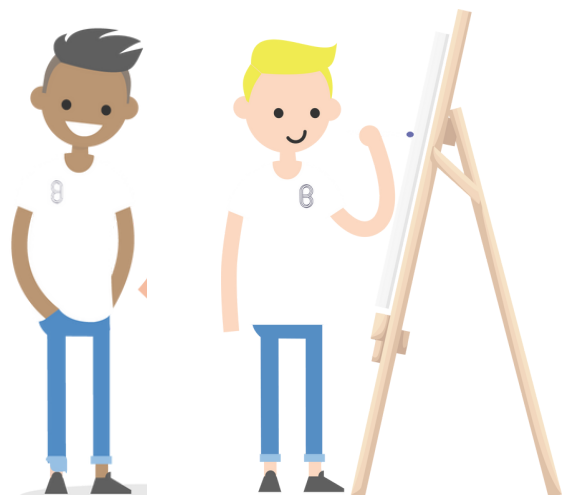
How will you practice these strategies in your life, to make sure you can easily use them?

Lesson 5

Action planning

Learning outcomes

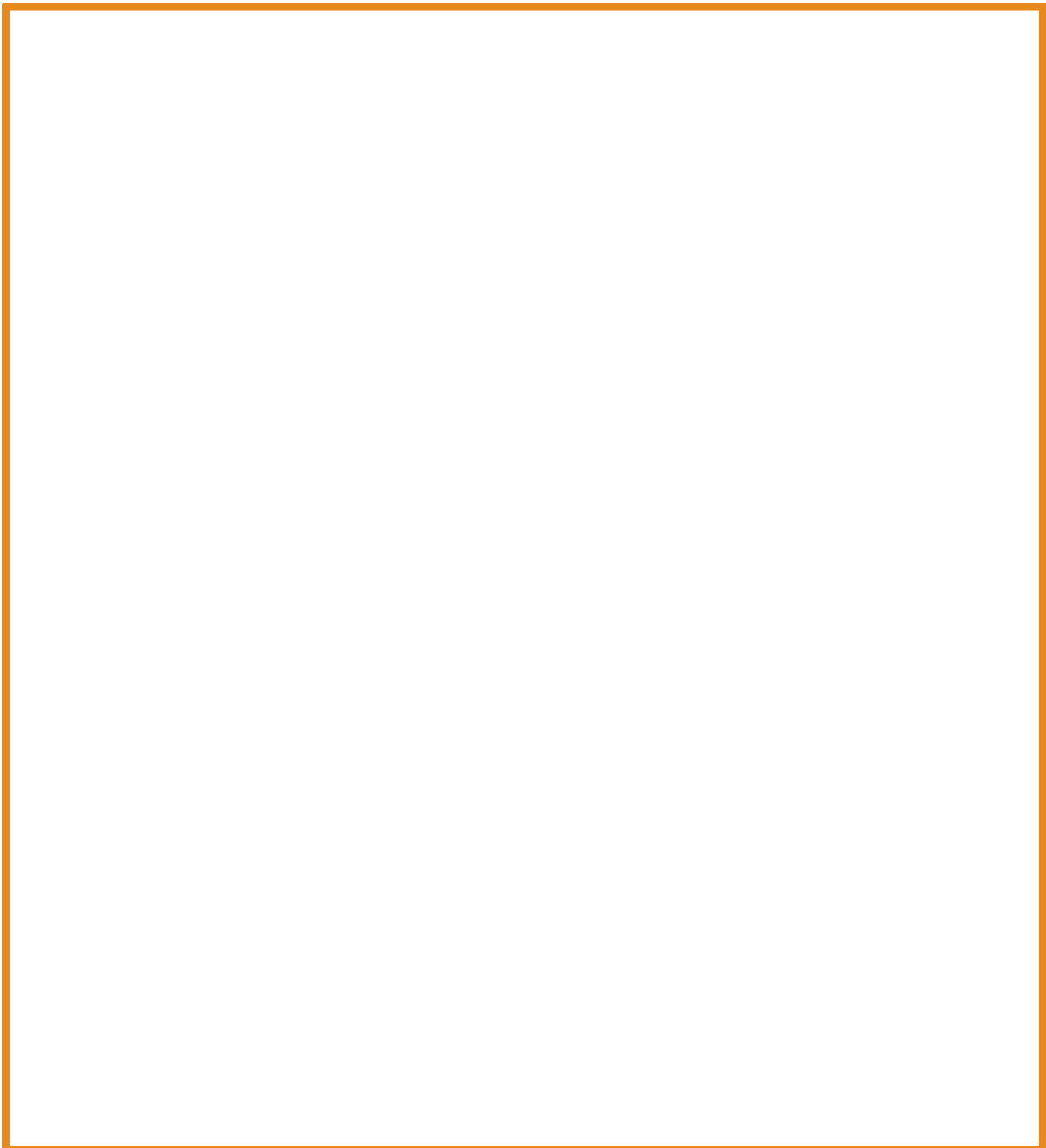
- Practice using the skills in the moment
- Reflection on my wellbeing, my learning process and how I can be my best
- Consider and explore anything I need clarity on



My planning worksheet

Cover all the questions as you plan.

- What are the main Gremlin Beliefs that I need to deal with?
- Out of the four capabilities which will I need to work on?
- What strategies will I use to work on this capability?
- What do I need from others, and how do I communicate assertively?
- Who might be supportive?
- Who might be unhelpful?
- How am I going to reward myself to keep myself on track?



Benefits of resilience

Summary of the key reasons to keep building resilience

- When we are faced with pressure such as exams the skills of resilience can really help us be at our best.
- When we can control our emotions, we can make better decisions because we are calm.
- Identifying the **Beliefs** that are driving an emotion allows us to explain the decisions we make more clearly.
- When we are calm, confident and clear we can communicate assertively and that will help us with our relationships with others.
- When we understand our own emotions, we can understand and empathise with others and better able to negotiate.



Lesson 5

My learning record

- In these lessons I have learnt

- In future this will help me to

- A question I have is

- The part of Resilient Learners I found the most useful

