

A stylized illustration of a child climbing a white ladder against a bright blue background. The child is wearing a yellow long-sleeved shirt, red pants, and green shoes. The ladder has grey rungs. A darker blue shadow of the ladder and the child is cast onto the background behind them.

Resilience Ladder

**MENTALLY
HEALTHY
SCHOOLS**



Anna Freud
National Centre for
Children and Families

Prior to using this resource, have a discussion with the child about what resilience means and why it is useful to be resilient.

Perhaps use examples of people who failed or experienced setbacks many times, but learnt from it. Nelson Mandela once said, "Do not judge me by my successes, judge me by how many times I fell down and got back up." What does he mean by this?

It is also important for children to realise that it is how we process and deal with setbacks that let us develop resilience. Resilience is a skill that we need to practise and develop.

This resource is designed to be used with individual children to help them to highlight a goal and break it down into smaller achievable steps, that they identify themselves.

During the learning process, the children should be encouraged to take each step as it comes. It may be that some steps need to be consolidated and repeated, but they will get closer to their goal each day that they put in the work and effort. The teacher could model each part first, to support the child.

The child should work with an adult to create a resilience motto – this could be anything that helps them to keep motivation during the process.



Resilience ladder

Name:

My goal is...

My positive affirmation/
resilience motto is....

Along the way I might feel:

But when I complete my
goal I will feel:



Steps to my goal

**YOU
DID IT!**

Final stage: I will...

**The
final
hurdle**

I just have to...

**Nearly
there**

Now I need to...

**Keep
it up**

**Do you need to go back and practise
anything again?**

**Take a
break!**

Next step is...

**Getting
stuck in**

Then I will...

**Off you
go!**

The first step in my journey is to...

**Getting
started**

(Example)

Name:

Katie Sheridan

My goal is...

to ride my bike alone

**My positive affirmation/
resilience motto is....**

Try, try, try again!

Along the way I might feel:

Annoyed, frustrated, fed

up, useless, like giving up.

**But when I complete my
goal I will feel:**

Super proud and happy that I

can cycle to see my friends

anytime I want.

(Example)

Final stage: I will...

take my cycling proficiency test to see what I have learnt. I know that I might need to go back and practise some of the earlier steps again so that I am ready.

The final hurdle

I just have to...

do some more practice! I will ride in front this time with my brother following me, I will be in charge and show him what I have learnt.

Nearly there

Now I need to...

go out for a few longer rides with my brother. This time I will try and remember what he showed me before, and copy him when I need to.

Keep it up

Do you need to go back and practise anything again?

Take a break!

Next step is...

go out for a few short rides with my older brother riding ahead of me, he will show me what to do in practice and I will copy him.

Getting stuck in

Then I will...

learn about the highway code so that I know I am safe. My mum can test me on this before I start riding.

Off you go!

The first step in my journey is to...

check my bike and all my equipment is ready and safe to go on the road. I have a helmet, reflectors etc.

Getting started