

SAMPLE

The Importance of Resilience and Grit

COPY

Ascentis Entry 3 Award in **The Importance of Resilience and Grit** Workbook



Centre:

Learner name:

Learner ID:

This Importance of Resilience and Grit workbook is for learners completing the ESOL Skills for Employment Programme.

At the end of the unit you will be able to:

- Understand the importance of resilience
- Know how to develop resilience
- Understand the importance of grit

There are three sections in this workbook.

In each section you will complete activities which show what you have learnt and understand about different job options.

The table below lists what you will be assessed on in each section.

Section	Assessment Criteria (I can...)
1	AC 1.1 State what is meant by resilience. AC 1.2 Give one reason why resilience is an important character trait. AC 1.3 Identify one situation where one's own resilience skills were used.
2	AC 2.1 State why it is important to develop own resilience. AC 2.2 Give reasons why resilience is important to a person's health and well-being. AC 2.3 Identify one way own resilience could be improved.
3	AC 3.1 Share information with others using an appropriate method of communication. AC 3.2 Give one reason why grit is an important character trait. AC 3.3 Identify how grit can help achieve own goals. AC 3.4 Identify a situation where own grit was used.



Some activities include talking to a partner or in a group.



Some activities will need you to answer questions or give information in writing.

Your tutor may combine these activities with other tasks to create a portfolio of evidence to show your achievement.

You also have access to a glossary which will help you to explore some of the words that are relevant to developing your resilience and grit.

Learner Workbook **SAMPLE COPY**

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Section 1 - Understand the Importance of Resilience

AC 1.1 State what is meant by resilience

Task 1A - What is resilience?

Resilience can help a person deal with a difficult situation

Use the space below to write down what you think being resilient means.



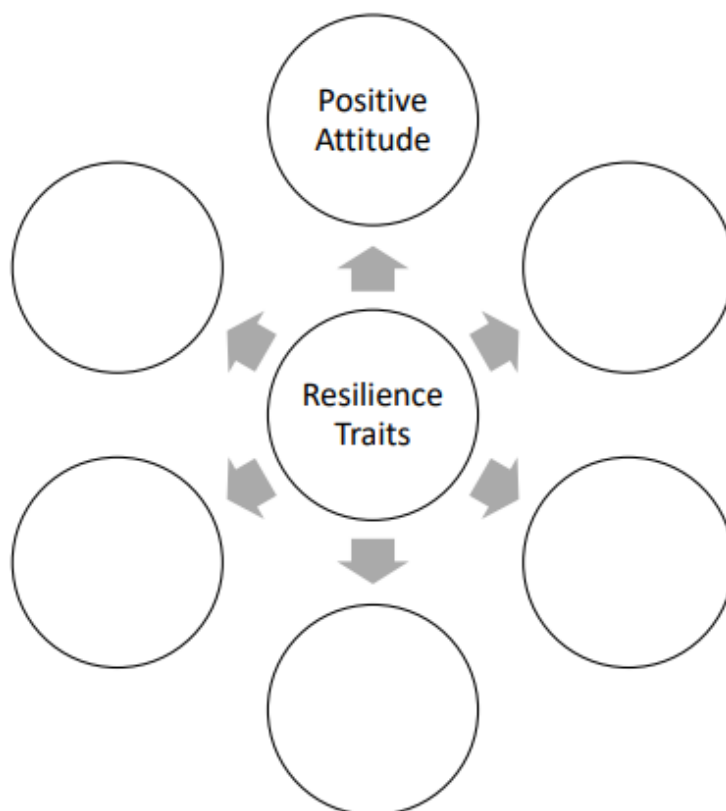
AC 1.2 Give one reason why resilience is an important trait

Task 1B - Resilience traits

Traits are the special qualities, behaviours, and features that make a person who they are. They make up a person's overall character.

For example, having a positive attitude – trying to see the good side of things instead of the bad – is a strong and resilient trait.

Can you add another five traits to the diagram below that would demonstrate



In the box below, write down the resilience traits you think you have.



Task 1C - Impact of resilience

Being resilient helps you to deal with stressful and difficult situations and can make your health and well-being better.

How do you think improving your resilience will affect the following aspects of your life? Give your reasons why.

Aspect	How having resilience helps
Your relationships with other people	
Your physical and mental health and well-being	
Your involvement in your local community	
At school, college or work	



AC 1.3 Identify one situation where own resilience skills were used

Task 1D - Resilience skills

Think about the following situations. How would resilience help you to deal with these situations?

Situation	How can resilience help you to deal with it
You have an argument with your best friend or partner.	
Someone has posted a nasty comment on your social media post.	
You have failed a test that you needed to pass.	
You have lost your mobile phone.	
You are having to move out of the area with your family.	



Section 2 - Know How to Develop Resilience

AC2.1 Choose an appropriate communication method for a given purpose.

Task 2A - Positive and negative coping strategies

Look at the following statements and sort them into good and bad ways of dealing with a difficult situation.

- Breathing deeply and slowly
- Walking away from an argument
- Hitting a wall with your hand
- Using bad language
- Speaking to someone you trust
- Thinking about the outcomes of your actions
- Pushing someone with force

Good Coping Strategies	Bad Coping Strategies