



Building Resilience in Students

Step 1

Guide your students to identify their current emotions and what causes them to feel a certain way on a worksheet. With their consent, you can foster safety and trust among your students by inviting them to share their own stressors with each other.



Step 2

Students can jot down their instinctive and initial reaction to each stressor, be it positive or negative. Encourage honest sharing.

Step 3

It is important to teach students 'coping techniques' in order for them to channel their current emotions into something positive. This teaches them self-awareness and initiative.



Step 4

To make sure that your students' progress, create a safe sharing space for 10-15 mins depending on the class and let them share their coping mechanism with each other. Be sure to guide them on how to accept constructive feedback from other peers instead of taking a defensive stand.