



# Raising Resilience

## Learner Journal

Learner name	
Centre name	
Tutor name	



**Sports  
Leaders**

# Welcome..

This learner journal is yours to use to demonstrate your progress on the challenge. Work through each of the sections as you progress and work through your challenge.

## Planning Your Challenge

Use the template below to help you plan your challenge

<p>Description of challenge:</p>	<p>Equipment, resources, materials, space you will need to complete your challenge:</p>
<p>Rules surrounding your challenge:</p>	<p>What will it look like when you successfully complete your challenge?</p>
<p>Will anyone else be involved in your challenge? If so, who and in what way?</p>	<p>Are there any safety rules to be aware of? If so, what?</p>
<p>What aspect/s of your challenge do you think will be the most difficult?</p>	<p>What will you do to show resilience when the challenge is difficult?</p>

# Doing Your Challenge

I will know I am ready to take on my challenge when...	
I will make sure I am set up and ready to perform by...	
I will involve other people during my challenge by...	
I will know that my challenge is completed when...	
I will record evidence of my challenge by...	
I will feel most proud of myself when...	
I will show resilience by...	

## The SLQ Sports Leaders Skills Framework

Throughout your challenge, you will be demonstrating behaviours that are helping you to develop five key skills. As you work through your tasks, keep in mind how you are building those skills and highlight in this journal points where you feel you have particularly improved each or all of them. The five skills are: -



Stick photos or draw you completing your challenge here:

## Reviewing Your Challenge

Now that I have completed my challenge, I feel...

What did I enjoy most about my challenge?

What did I enjoy least about my challenge?

What did I find most difficult?

What made me feel annoyed, frustrated, angry and/or sad during my challenge?

How did I show resilience during my challenge?

What am I most proud of myself for?

Ask an adult who was involved in your challenge (helping, watching etc.) to answer the following questions

What did I enjoy most about my challenge?

What did I enjoy least about my challenge?

What did I find most difficult?

What made me feel annoyed, frustrated, angry and/or sad during my challenge?

## Reflections

As you come to the end of this project, use the prompts below to reflect back on what you have learnt about resilience and how you can use this in the future.

What has this project taught you about resilience?

What did you learn about yourself during this project?

Is there anything that you will do or think about differently in the future? If so, what?

What key coping methods will you try to use going forward?