

Five things to try if you get stuck

Things might not always go your way - but it's important not to give up. So, if something goes wrong, pick yourself up again, and try these:

WORK IT OUT

Trying new or difficult things is challenging, and everyone makes mistakes sometimes. Take time to think through problems and learn from your mistakes. Then, try again

BOUNCE BACK

It's important to stay hopeful and positive, even in difficult situations. If you feel confident within yourself, you'll have a better chance of success.

ASK FOR HELP

Don't be afraid to ask for help when you need it. You are good at some things but need to work on others. The people around you want to help, and you can help them too.

SET YOURSELF GOALS

Believe in yourself and believe that you can do better. Having goals is a great way of making sure you keep improving yourself.

LOOK AFTER YOURSELF

If you can look after yourself, you'll be able to cope when change comes - and you'll be able to help others too.



Find out how the **Pupil Resilience Award** can help bring these benefits to your school, email contact@schoolimpactawards.co.uk



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