

WELCOME TO FREO



Student Workbook



NAME: _____



Proud Major Partners

BEING RESILIENT

What do you think of when you hear the word
resilience?

Write down as many of your thoughts as you can on
the sticky notes below.



Describe resilience in your own words.

BEING RESILIENT

Resilience is the ability to bounce back from difficulty and deal positively with change or a challenge. It is a necessary skill for coping with the ups and downs of life and one of the key ingredients of success.

Let's explore Alex Pearce's journey to follow the ups and downs of life in the AFL



BEING RESILIENT

Positive thoughts, feelings and actions are important to help you bounce back from setbacks. Can you remember some of the thoughts, feelings and actions that helped Alex bounce back and reach the top?

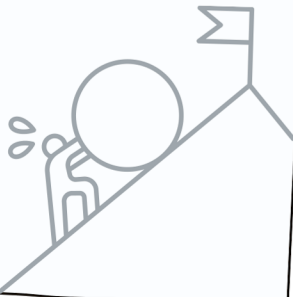


Alex Pearce #25

BEING RESILIENT

Embracing challenges is an important part of building resilience. Reflect on a challenge that you have overcome and answer the following questions.

What was your challenge?



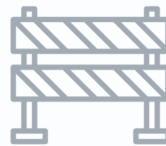
What helped you succeed?



What did you learn?



Did you have any setbacks?



BEING RESILIENT

You have heard our players' top tips, now it's your turn to show us how you will think positive, stay connected, bounce back and work hard to build your resilience!

THINK
POSITIVE



What positive thoughts will you use when you meet your next challenge?



STAY
CONNECTED



Who is on your team when you encounter a challenge?
List some of the people you can reach out to for support

BEING RESILIENT

You have heard our players' top tips, now it's your turn to show us how you will think positive, stay connected, bounce back and work hard to build your resilience!

BOUNCE
BACK



What will you do to remain positive when faced with a setback?

A grey clipboard with a silver clip on the left. The white sheet of paper on the clipboard has a checklist with three items. The first item is a checkbox with a checkmark inside, followed by a horizontal line. The second and third items are empty checkboxes, each followed by a horizontal line.

☒	_____
☐	_____
☐	_____

**WORK
HARD!**



What will you do to work hard and give you the best chance of reaching your goals?

BEING RESILIENT

Check out these top tips for building resilience from our AFL Players.



I can't do it yet

The way we talk to ourselves impacts what we achieve.

If you tell yourself that you can do something, chances are that you will, even if you don't accomplish it straight away.

THINK
POSITIVE

Stay Connected

When we are going through challenges, having the support of family or friends when you need it is really important.

Remember to reach out and use your team to help you achieve success.

STAY
CONNECTED



Don't let setbacks get you down

Setbacks don't mean you have failed, they are just part of the journey to success.

Try not to get frustrated, instead have patience and trust that you will get there in the end.

BOUNCE
BACK



Do some Hard Yakka!

You are unlikely to reach your goals if you don't put in the effort to match.

Work hard, just a small bit at a time and you will enjoy the rewards.

WORK
HARD!





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