

# Fielding's October and core value of the month



## Resilience

### Related values:

**perseverance      determination      optimism**  
**independence      self-belief**  
**positivity      courage**

### Definition:

- Resilience is not giving up even when things are difficult.
- Resilience is embracing challenge.
- Resilience is being able to withstand stress.
- Resilience is bouncing back.
- Resilience helps me to feel confident.

### Actions that show this value:

- When you haven't succeeded but you still try again
- Not giving up
- Not getting upset that work is too difficult at the start
- Choosing challenging work to give yourself a challenge
- Helping others be more resilient
- Pushing yourself by staying overnight away from home
- Having a confident attitude towards tests

### Actions that don't show this value:

- Giving up when you find something difficult
- Choosing work that is very easy as you don't think you can complete a challenge
- Only having one attempt at something
- Feeling negative towards tests
- Not trying at all

# What does resilience look like?

## People who show resilience:

- Have more than 1 go at something tricky
- Don't give up straight away
- Have a go at a tricky/challenging work
- Know that it is ok not to get it right straight away

## People who show resilience realise:

- That we learn from not being able to get it right straight away
- That mistakes are helpful
- Challenges are worth trying at
- A positive attitude helps you to keep going

## People show resilience by:

- Not giving up straight away if something is difficult
- Choosing challenging/tricky work
- Doing something new
- Trying again and again

# A story about resilience

- [Nin wants to get dressed](#)