

Language prompts

Here are some suggested language prompts you can use to promote emotional resilience:

- You can control your thoughts. If you use them in the right way, you can strengthen your mind.
- Wow, that was a really good grade. You must have worked really hard to be able to achieve it.
- What have you learned today?
- What is a mistake today that you learned from?
- What were you persistent at today?
- What can you learn from this?
- What will you do the next time you are in this situation?
- On a scale of 1–10, where 10 is death, where does this problem sit?
- Well done, you worked hard.
- What do you like about your work?
- I can always get better.
- I may not have succeeded this time but I'll try again next time.
- Failure is a natural part of learning.

Prompts for reviewing classwork:

- What did you learn during this task? In what way was it difficult?
- Did you make any mistakes? If so, which ones?
- What skills did you have to use during this activity? Had you used any of these previously?
- If you had to start it all over again, would you do anything differently next time?
- What advice would you give a student just starting this task?
- 'You can't do it... yet'.