



This simple worksheet provides 4 sections to work through with a class to discuss the idea that ‘Setbacks can be springboards’ and why an understanding of this helps to build our own self confidence, happiness and resilience.

Section 1: Background

For teacher use or to be shared with the class

Setbacks can be springboards.

Everyone experiences a ‘setback’ at some point in their lives. Some people experience more than others, and some people’s are more serious than others. It’s important to understand that the definition of a setback is: ‘an event that delays your progress or reverses some of the progress that you have made.’ Generally we would use the term to describe a time when something happened that caused us to feel emotions of failure, distress or an inability to cope. These obstacles that cause us to stumble are never easy to handle. They can shake our foundation and make you question if there’s something wrong with you and your abilities.

So why do we want to dwell on the past, particularly these negative bits? The great American motivational speaker Zig Ziglar talks about ‘making friends with our past in order to be successful.’ He encourages us to ‘learn from our mistakes to turn our failures into opportunities.’ If we can look back at our setbacks and learn from them then they have been a positive event. In many ways, life would be boring if we did the same old thing, it was all straight forward and had too much consistency. There would be no excitement or challenge to help us build our character. By dealing positively with these barriers we can focus not on how long we stay down, but rather how we get back up.

Another way to describe this is that we must learn from our setbacks and not ‘ruminate & define ourselves’ but ‘reflect & refine ourselves’

Section 2: Vlog from James Shone

Spend a few minutes watching the following video clip on Youtube where James Shone will give his own views on how setbacks can be springboards and how we should 'reflect and refine' rather than 'ruminating and defining ourselves'.

https://www.youtube.com/watch?v=66p_ic4v70Y&t=2s

Section 3: Class Discussion

Spend some time as a class discussing the following questions:

- Why is a setback a valuable learning opportunity?
- What does 'reflect & refine' mean?
- Why is it wrong to 'ruminate & define'?
- Why is the word 'failure' not always the right way to describe something that has gone wrong?
- How might a setback make us more resilient?

Section 4: Class Activity

By thinking about our own setbacks, we can begin to appreciate the positive learning that may have happened as a consequence. Spend some time working individually to think about setbacks that you might have experienced during your life and, where possible, any positives that might have come out of them as a consequence. Some of examples of setbacks may be:

- Not doing well in an exam
- Losing a loved friend, family member or pet
- You or a family member struggling with illness or injury
- Falling out with a friend
- Having a possession stolen
- Being a victim of bullying
- A tricky family relationship
- Suffering from confidence issues

Remember, by reflecting on our setbacks we can improve ourselves, increase our resilience, gain a better understanding of others, raise our self-confidence and our grow our general happiness.