

# Six ways to build resilience

For over one hundred years, Scouts has prepared young people for the future by developing their resilience – their ability to bounce back.

To help all young people – whether they're Scouts or not – we've decided to share one of our secrets: the six simple and practical ways to develop this really important skill.



Learn more about how Scouts develops resilience:  
[scouts.org.uk/resilience](https://scouts.org.uk/resilience)

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