

The Resilience Mountain Climb

Learning objective: To understand the meaning of resilience and identify positive strategies for overcoming challenges.

Leo the Lion is climbing the Mountain of Goals, but he has hit a few bumps in the path! Below is a list of 'Stumbling Blocks' (difficult feelings) and 'Stepping Stones' (resilient actions). For each question, match the Stumbling Block to the best Stepping Stone to help Leo keep moving forward. Write your chosen strategy in the space provided.

Word bank: Ask for help · Take a deep breath · Break it into smaller steps · Try a different way · Celebrate small wins · Keep a positive mindset

1. Stumbling Block: Leo is trying to learn a tricky new poem, but he feels overwhelmed by the length of it. Which Stepping Stone should he use? (2 marks)

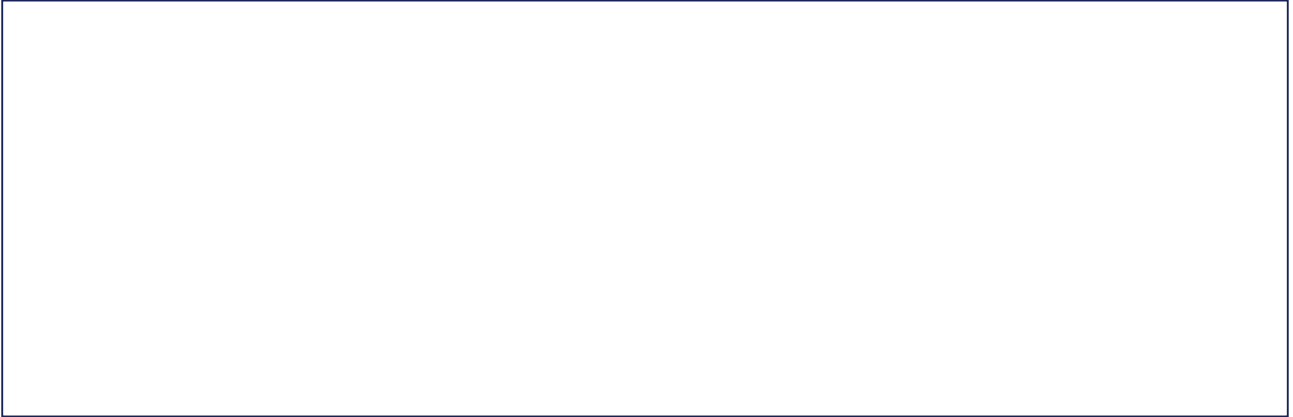
2. Stumbling Block: Leo is building a model bridge for his project, but the pieces keep falling down. Which Stepping Stone should he use? (2 marks)

3. Stumbling Block: Leo feels frustrated because he cannot solve a maths problem and wants to give up. Which Stepping Stone should he use? (2 marks)

4. Stumbling Block: Leo is worried about performing in front of the class. Which Stepping Stone should he use to calm his nerves? (2 marks)

5. Explain in your own words why it is important to be resilient when we find something difficult. (2 marks)

Draw: Draw a picture of Leo the Lion reaching the top of the mountain. Show one thing he is proud of achieving, such as his completed poem or his finished model bridge.



Extension challenge: Think of a time this week when you faced a challenge. Write down one 'Stepping Stone' you used (or could have used) to stay resilient, and describe how you felt once you had overcome the problem.