

Building Your Resilience: The Power to Bounce Back

Be a Bouncer, Not a Blocker: Keep Growing with Leo the Lion!

- Resilience is like a mental muscle; the more you practise trying again, the stronger it gets.
- Making a mistake is not a failure; it is simply a 'first attempt' that helps you learn a better way to solve the problem next time.
- When you feel frustrated, try using positive self-talk, such as saying 'I cannot do this yet' instead of 'I cannot do this'.
- Asking for help from a friend or teacher is a sign of great strength, not a sign of weakness.
- Breaking a big, scary task into smaller, manageable steps makes it much easier to reach your goal.

Did you know? Did you know? Even the strongest trees in the forest have to bend when the wind blows hard. Resilience is just like that tree; it is your ability to 'bend' when life gets tricky, stay rooted in your confidence, and stand tall again once the storm has passed!

Key vocabulary: Resilience · Perseverance · Growth Mindset · Challenge · Determination · Strategy