

Building Resilience: My Inner Strength Mat

Learning objective: To understand the meaning of resilience and identify strategies to bounce back from challenges.

Key Vocabulary

Use this word mat to help you understand how to stay strong when things get tricky. The words are grouped into categories: 'Staying Strong', 'Thinking Positively', and 'Taking Action'.

Max the monkey i...	Why is 'Support' ...	Define 'Resilience...
Kit the fox tries to...	Think of a time y...	