

Developing Resilience: Our Inner Strength Assessment

Learning objective: To understand the meaning of resilience, identify strategies for overcoming setbacks, and recognise the importance of a growth mindset.

Read each question carefully. Use the word bank if you need help with spelling or vocabulary. Answer in full sentences where possible.

Leo the Lion was trying to write a new poem for the forest showcase. He worked for hours, but he felt frustrated because he couldn't find the right rhyme for the word 'courage'. He felt like giving up and putting his pen away. Suddenly, he remembered what he had learned at school: setbacks are just part of the learning process. Instead of stopping, he took a deep breath, asked his friends for ideas, and decided to take a short break before trying a different approach.

Word bank: Resilience · Growth mindset · Perseverance · Challenge · Strategy · Positive · Mistake · Reflection

1. Define the word 'resilience' in your own words. (2 marks)

2. Identify two things Leo did to show resilience when he felt frustrated with his poem. (2 marks)

3. Why is making a mistake often a helpful part of learning something new? (3 marks)

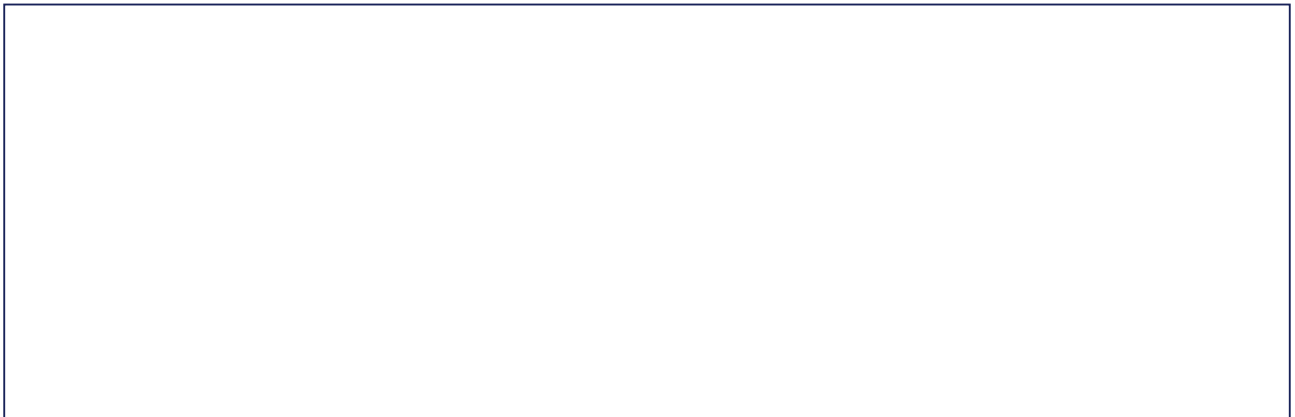
4. Max the Monkey is struggling to solve a difficult maths puzzle. Suggest two different strategies Max could use to keep going instead of giving up. (4 marks)

5. Explain the difference between a 'fixed mindset' (believing you cannot change) and a 'growth mindset' (believing you can improve with effort). (4 marks)

6. Think of a time when you found something difficult. Describe the situation, how you felt, and what you did to overcome the challenge. How did you feel after you completed the task? (5 marks)

7. Give one example of positive 'self-talk' you could use when you are stuck on a task at school. (5 marks)

Draw: Draw a picture of yourself or a character like Leo the Lion facing a challenge, showing them using a positive strategy to succeed.



Extension challenge: Total: /25