

Resilience: The Power to Keep Going

Learning objective: To understand what resilience is and how to develop a growth mindset when facing challenges.

Read each flashcard to learn about resilience. Use these cards to test your knowledge about bouncing back from tricky situations.

What is Resilience?

Resilience is the ability to 'bounce back' after a difficult time or when something goes wrong.

What is a 'Growth Mindset'?

It is believing that your brain can get stronger and you can improve your skills through practice and effort.

How does Max the monkey view a mistake?

Max sees a mistake as a 'first attempt at learning'—a chance to see what didn't work and try a new way.

What does 'Perseverance' mean?

It means keeping going and trying your best even when a task feels really hard.

What is 'Positive Self-Talk'?

Saying kind and encouraging things to yourself, like 'I can't do this yet, but I am learning.'

If you are stuck on a maths problem, what is a good strategy?

Break the problem into smaller, easier steps or ask for a hint to help you move forward.

Why is it important to have a support network?

Because talking to friends, family, or teachers can help you feel better and find solutions together.

True or False: Resilience means you never feel sad or frustrated.

False. Everyone feels sad or frustrated sometimes; resilience is how you handle those feelings.

What does the word 'Yet' do in the sentence 'I can't do this yet'?

It reminds you that learning is a process and that you have the potential to succeed in the future.

How can Pip the caterpillar show resilience?

Pip might have trouble reading a long word, but he keeps sounding it out slowly until he understands it.