

Bounce Back with Max and Zara: Building Resilience

Learning objective: To understand what resilience is and how to use positive self-talk and persistence to overcome challenges.

Read each scenario carefully and use your understanding of resilience to answer the questions. Think about how our BookFlik friends would react when things get tricky!

Resilience is the ability to 'bounce back' when things do not go to plan. It is not about never failing; it is about how we respond to those moments. When Max the monkey finds a maths puzzle that is too hard, or Zara the zebra struggles to get the colours right on her painting, they use resilience to keep trying. By changing their self-talk from 'I can't do this' to 'I can't do this YET', they turn a challenge into a learning opportunity.

Word bank: Resilience · Persistence · Challenge · Self-talk · Growth mindset · Strategy · Mistake · Solution

1. Max is trying to solve a tricky maths puzzle. He feels frustrated and wants to give up. What is one piece of positive self-talk he could say to himself to help him keep going? (2 marks)

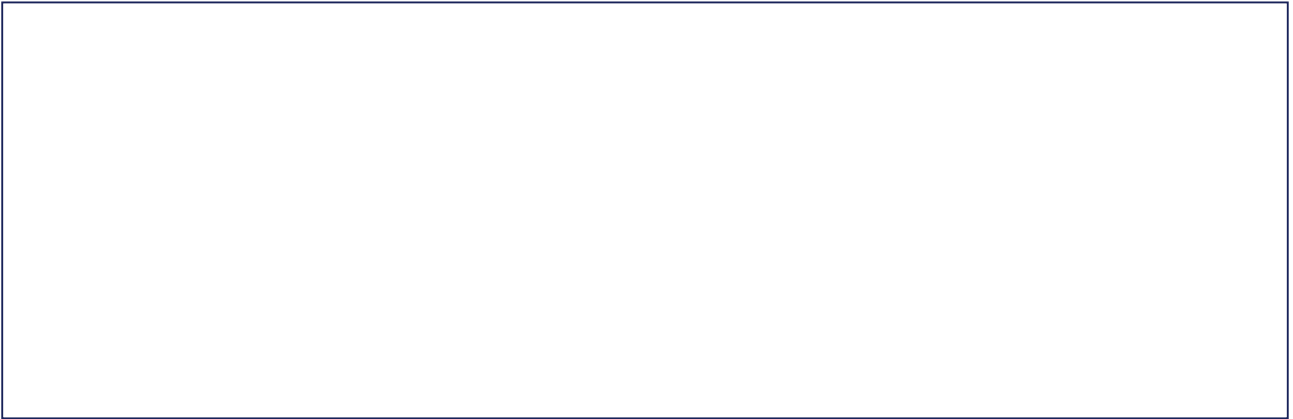
2. Zara is painting a sunset, but the colours keep mixing into a muddy brown. Explain why making a mistake is a helpful part of the learning process. (2 marks)

3. Describe a time recently when you found something difficult. How did you show resilience to overcome that challenge? (3 marks)

4. If a friend is upset because they lost a game, what kind of encouraging words could you use to help them show resilience? (2 marks)

5. Why do you think it is important to take a break or ask for help when a task feels too big to manage alone? (2 marks)

Draw: Draw a 'Resilience Shield'. In the centre, draw yourself or a BookFlik character facing a challenge. Around the outside, draw or write three things that help you 'bounce back', such as deep breathing, asking a friend for help, or remembering a time you succeeded before.



Extension challenge: Write a short poem or a 'resilience mantra' that you can say to yourself the next time you feel stuck on a difficult piece of work.