

Building My Resilience Map with Leo the Lion

Learning objective: To understand that resilience means 'bouncing back' from challenges and to identify personal strategies for overcoming difficulties.

Follow the drawing prompts below to create your own 'Resilience Mountain'. Use the word bank to label your drawing with the tools you use when things get tough.

Draw: Draw a large, colorful mountain scene. At the base, include a winding path that travels towards the peak. In the center, draw Leo the Lion with a determined expression. Around the path, draw small icons or shapes representing 'stepping stones'. Use bright colors for the sky and the mountain to show a positive, hopeful feeling. Ensure there is enough space to write labels from the word bank next to your drawing elements.



Label words: Persistence · Deep breathing · Asking for help · Positive self-talk · Trying again · Patience · Supportive friends

Steps:

1. Step 1: Draw a winding path leading to the top of a mountain. Label the bottom of the path 'The Challenge' and the top 'The Goal'.
2. Step 2: Draw Leo the Lion standing on the path. What is one positive thing Leo could say to himself to keep climbing when he feels stuck?

3. Step 3: Add three 'stepping stones' on your path. In each stone, write a strategy you use when you find a task difficult (e.g., taking a break).
4. Step 4: Draw a sun at the top of your mountain. Label the sun with a word from the word bank that represents your inner strength.
5. Explain why 'Asking for help' is a sign of strength, not a sign of giving up.