

# My Resilience Diary: Learning from Challenges with Leo the Lion

*Learning objective: To understand the meaning of resilience and identify strategies for staying positive when facing a new or difficult task.*

Think about a time recently when you found something tricky. Use this diary template to help you reflect on your feelings, what you learned, and how Leo the Lion's brave approach can help you bounce back next time.

*Word bank: resilience · challenge · persevere · strategy · courage · optimistic · growth mindset · support*

**1. The Challenge:** Describe a task or situation that felt difficult for you this week. What were you trying to achieve? (2 marks)

---

---

---

**2. My Initial Feelings:** How did you feel when you first realized it was going to be hard? Did you feel frustrated, worried, or perhaps excited to try? (2 marks)

---

---

**3. The Turning Point:** What did you do to keep going? Did you break the task into smaller steps, ask for help, or take a deep breath? (3 marks)

---

---

---

**4. What I Learned:** What is one thing you now know that you didn't know before you started? How does this make you feel? (2 marks)

---

---

**5. Leo's Advice:** If you were to face a similar challenge next time, what is one positive thing you would tell yourself to stay resilient? (2 marks)

---

---

---

*Extension challenge: Write a short poem in the style of Leo the Lion about a time you 'roared' with success after trying your best.*