

PSHE Assessment: Building My Resilience

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

Read each question carefully. Use your best handwriting and full sentences where required. Remember that resilience is about learning from challenges, not being perfect.

Leo the Lion is training for the Great Jungle Sports Day. He has been practising his long jump all week, but he keeps landing in the mud and not hitting his target distance. Max the Monkey watches him and says, 'It is okay to feel frustrated, Leo. Remember, your brain grows when you try something difficult. Don't think 'I can't do it', think 'I can't do it YET'.'

Word bank: Growth mindset · Perseverance · Strategy · Self-talk · Challenge · Feedback · Reflection

1. Using the passage, explain what Max means by the phrase 'I can't do it YET'. (2 marks)

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

3. List two physical or emotional signs that someone might be feeling frustrated or overwhelmed by a difficult task. (2 marks)

4. Kit the Fox is trying to solve a complex coding puzzle but keeps getting an error message. Suggest two positive self-talk strategies Kit could use to keep going instead of giving up. (4 marks)

5. Why is it important to ask for help or seek feedback when facing a challenge? Explain how this relates to building resilience. (5 marks)

6. Identify one 'fixed mindset' thought and rewrite it as a 'growth mindset' thought. (5 marks)

Draw: Draw a picture of a time you faced a challenge. In your drawing, include a 'resilience tool' (like a deep breath, a supportive friend, or a positive thought) that helped you move forward.



Extension challenge: Think of a time you failed at a task. Write a short reflection (50-75 words) explaining what you learned from that experience and how you would approach the task differently next time. Total: /25