Building Resilience: Bouncing Back with the BookFlik Friends

Learning objective: To understand the meaning of resilience and identify strategies to manage setbacks and challenges effectively.

Read each flashcard to learn about resilience. Use these to test yourself or a partner on how to stay positive when facing difficulties.

What is Resilience?

Resilience is the ability to 'bounce back' from difficult situations, mistakes, or challenges and keep trying.

How does Max the monkey show a 'Growth Mindset'?

Max sees a challenge as a chance to learn rather than failing; he tells himself, 'I can't do this YET.'

What is a 'setback'?

A setback is a small problem or delay that stops progress, like dropping a project you worked hard on.

Why is 'positive self-talk' helpful?

It helps change how we feel about a situation, turning negative thoughts like 'I'm no good at this' into 'I am learning to improve'.

What does 'perseverance' mean?

It means continuing to work towards a goal even when things get difficult or take a long time.

If you are feeling overwhelmed, what is one strategy you can use?

You can take deep breaths, break the task into smaller, manageable steps, or ask a friend for help.

How does Nova the owl use resilience when stargazing?

If it is too cloudy to see the stars, Nova doesn't give up; she studies her star charts instead and waits for a clearer night.

Why is it okay to make mistakes?

Mistakes are a natural part of learning. They show us where we can improve and help us grow stronger for next time.

What is a support network?

A group of trusted people, such as friends, teachers, or family, who you can talk to when you are finding things tough.

Can resilience be learned?

Yes! Resilience is like a muscle, the more you practise facing challenges and using positive strategies, the stronger it becomes.