Building Resilience with Max and Leo

Learning objective: To understand the meaning of resilience, identify strategies to overcome setbacks, and recognise how a 'growth mindset' helps us persist when faced with challenges.

Read each scenario carefully and use your understanding of resilience to answer the questions. Think about how Max the monkey and Leo the lion would handle these situations by staying positive and trying again.

Word bank: Resilience · Growth mindset · Perseverance · Strategy · Challenge · Feedback · Persistence · Reflection

1. Max is trying to solve a complex maths puzzle, but he has got the wrong answer three times. Explain why it is important for Max to view his mistakes as 'learning opportunities' rather than failures. (2 marks)

2. Leo the lion was excited to perform a poem he wrote, but he forgot his lines halfway through. Describe two ways Leo could show resilience in this moment so he feels ready to try again next time. (2 marks)

3. Define the word 'resilience' in your own words. Why is it considered a helpful skill to have when working in a team project? (2 marks)

4. Imagine you have been working on a project for a long time and you feel like giving up. Write down one positive 'self-talk' phrase you could say to yourself to help you keep going. (1 mark)

5. If a friend is struggling with a difficult task, what specific, encouraging feedback could you give them to help them maintain their resilience? (2 marks)

Draw: Draw a 'Resilience Tree'. In the roots, draw things that help you stay strong (like family, friends, or hobbies). On the branches, draw leaves representing the challenges you have overcome this year.

Extension challenge: Write a short diary entry from the perspective of Max or Leo describing a time they faced a challenge, how it felt, and what strategy they used to overcome it.