

The Resilience Garden: Growing Through Challenges

Learning objective: To understand that resilience is a skill that can be cultivated and to identify strategies for overcoming setbacks.

Leo the Lion is planting a 'Resilience Garden'. In this garden, seeds represent challenges, and the plants represent the strength we grow when we keep trying. Read each scenario below. Decide if the response shows 'Fixed Mindset' (a weed that stops growth) or 'Growth Mindset' (a plant that strengthens resilience). Sort each statement into the correct category and suggest a resilient alternative for the 'weeds'.

Word bank: Perseverance · Growth Mindset · Self-reflection · Positive self-talk · Strategy · Adaptability · Courage · Effort

1. Scenario 1: Max tries to solve a complex maths puzzle but gets the wrong answer twice. He says, 'I am just not clever enough for this, I give up.' Is this a weed or a plant? Explain why this way of thinking prevents growth. (2 marks)

2. Scenario 2: Ellie the Elephant is trying to memorise a long historical poem but keeps forgetting the middle stanza. She says, 'I haven't learned this yet, so I will try using a rhyme to help me remember.' Is this a weed or a plant? Why is this a better strategy? (2 marks)

3. Scenario 3: Compare and contrast how Max and Ellie approached their difficulties. What might happen if Max adopted Ellie's attitude? (2 marks)

4. Scenario 4: Justify your answer: Is resilience something you are born with, or something you can develop? Use evidence from the idea of the 'garden' to support your claim. (2 marks)

5. Scenario 5: If Kit the Fox fails to write a piece of code that works, what are three specific 'positive self-talk' phrases he could use instead of getting frustrated? (2 marks)

6. Scenario 6: Imagine you have a goal that costs £10 to start, but you only have £2. You have to save for five weeks. How would a resilient person handle the 'waiting' period without giving up on their goal? (2 marks)

Draw: Draw a 'Resilience Tree'. In the roots, draw the things that help you stay strong (like friends or practice). On the branches, draw the challenges you have faced this year. On the leaves, write one thing you learned from each challenge.



Extension challenge: Write a short poem in the style of Leo the Lion about a time you faced a 'weed' (a setback) and transformed it into a 'plant' (a success). Use at least three words from the word bank in your poem.