

## Class 4 PSHE Assessment: The Power of Resilience

*Learning objective: To understand the meaning of resilience, identify strategies to overcome challenges, and reflect on personal growth through setbacks.*

Read each question carefully. Use your best handwriting and full sentences where required. Think about how Leo the Lion and his friends handle difficulties when you answer.

Leo the Lion was attempting to compose a poem about the sunrise, but he kept getting stuck on the third line. He felt frustrated and wanted to give up. He looked at Kit the Fox, who was busy debugging a complex puzzle on his tablet. Kit had tried five different ways to solve it, but he remained calm. 'It is not that I cannot do it,' Kit explained, 'it is just that I cannot do it yet.' Leo took a deep breath, remembered his goal, and tried a new rhyme. He felt proud when he finally finished his poem.

*Word bank: Resilience · Perseverance · Growth mindset · Challenge · Strategy · Self-reflection · Persistence · Support network*

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

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### 2. Identify two strategies Kit the Fox used to stay calm while facing a difficult puzzle. (2 marks)

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### 3. Explain why having a 'growth mindset' helps someone when they make a mistake. (3 marks)

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### 4. If Max the Monkey is trying to solve a maths problem but keeps getting the wrong answer, what advice would you give him to show resilience? (3 marks)

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### 5. Compare and contrast the feeling of 'giving up' versus 'trying again'. How does the outcome affect your self-esteem? (4 marks)

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**6. Imagine you are working on a group project with Ellie the Elephant and the task is very difficult. Describe a situation where you might need to ask for help, and justify why asking for support is a sign of strength rather than a weakness. (6 marks)**

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**7. Extended Writing: Reflect on a time you found a task challenging. Describe the emotions you felt, the specific action you took to overcome the challenge, and what you learned about yourself in the process. (5 marks)**

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**Draw: Draw a 'Resilience Tree'. In the roots, draw the things that help you (like friends or hobbies), and on the leaves, write three things you are proud of achieving after working hard.**



*Extension challenge: Justify this statement: 'Making mistakes is the most important part of learning.' What might happen if we never encountered any challenges in our lives? Provide a reasoned argument for your perspective. Total: /25*