

The Resilience Road: Bouncing Back with Leo the Lion

Be brave, stay focused, and keep moving forward—your potential is limitless!

- Why is it important to view a mistake as a learning opportunity rather than a failure?
- How can breaking a large, difficult task into smaller, manageable steps help you stay resilient?
- What positive self-talk can you use when you feel frustrated by a challenge?
- In what ways does asking for help show strength rather than weakness?
- How does Leo the Lion's calm approach to obstacles demonstrate the value of patience?

Did you know? Did you know? When you struggle with a tricky maths problem or learn a new skill, your brain actually builds new connections! Just like a muscle in your body, your brain gets stronger every time you choose to keep going instead of giving up.

Key vocabulary: Resilience · Perseverance · Growth mindset · Strategy · Overcome · Determination