

The Resilience Record: Learning from Setbacks with Leo the Lion

Learning objective: To understand the meaning of resilience, identify personal strengths, and develop strategies for overcoming challenges.

Think about a time when you found a task difficult or felt like giving up. Use this template to reflect on how you showed resilience, just like Leo the Lion, who stays brave even when things get tough. Be honest about your feelings and focus on the steps you took to keep going.

Word bank: Resilience · Perseverance · Challenge · Growth mindset · Strategy · Determination · Courage · Positive · Reflection · Overcome

1. The Challenge: Describe a specific situation where you faced a difficulty or a setback. What was the goal you were trying to achieve? (2 marks)

2. Emotional Response: Explain how you felt when you first encountered this obstacle. Why is it important to acknowledge these feelings? (3 marks)

3. The Turning Point: Identify one action you took to keep going. Justify why this action was a sign of resilience rather than giving up. (3 marks)

4. Compare and Contrast: Compare how you approached the problem at the beginning versus how you approached it after you decided to persist. What changed in your thinking? (4 marks)

5. Explain Why: Explain why 'failure' is often considered a necessary part of the learning process. How does this link to a growth mindset? (4 marks)

6. Future Application: What might happen if you use these same resilience strategies for a brand new challenge next week? Predict the outcome. (4 marks)

Extension challenge: Imagine Leo the Lion is writing a poem about resilience for his friends. Write a four-line poem that encourages someone else who is currently struggling with a difficult task. Then, create a 'Resilience Toolkit' list of three things you can say to yourself next time you feel frustrated.