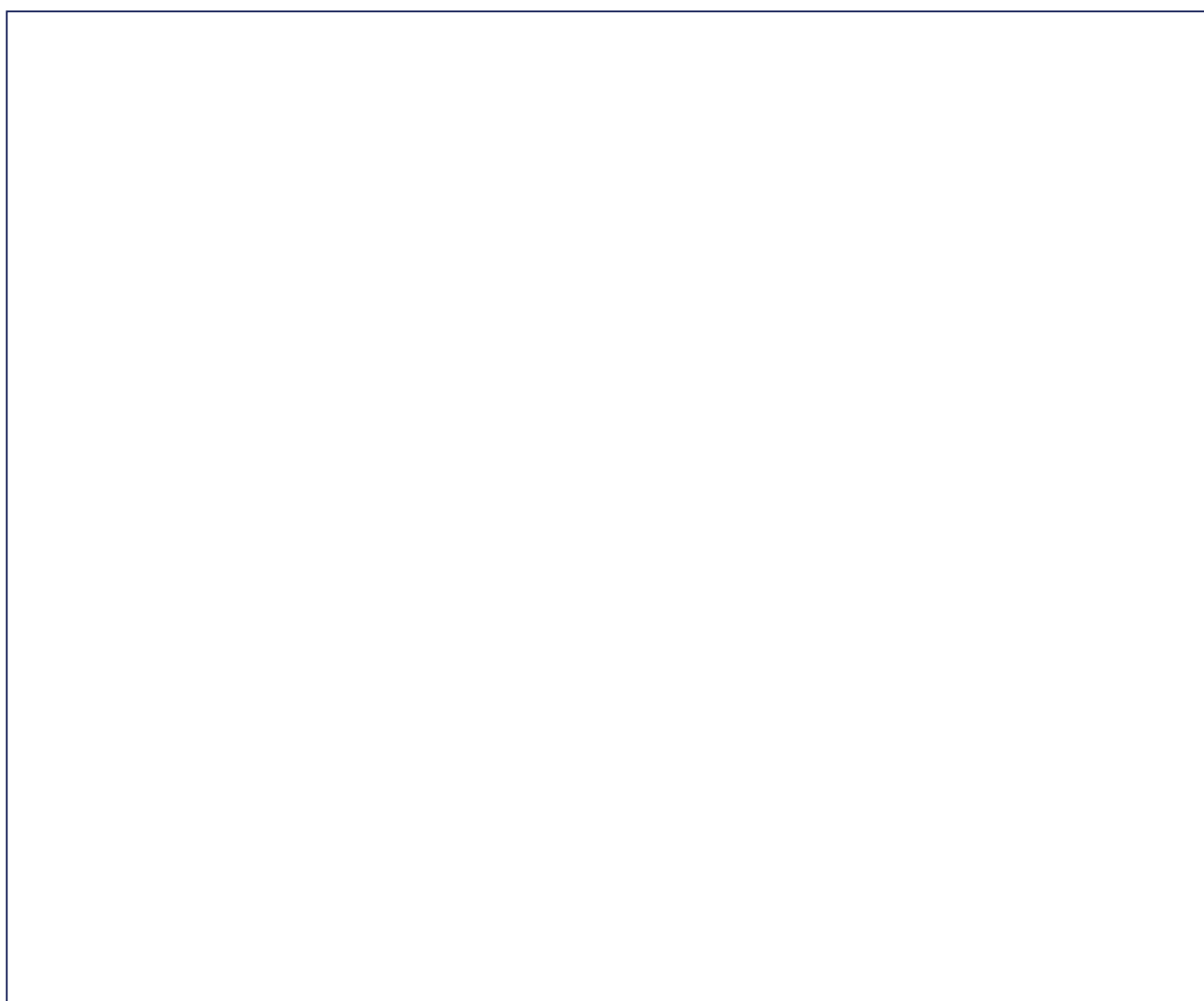


Building My Resilience Map with Leo the Lion

Learning objective: To understand that resilience is the ability to bounce back from challenges, and to identify personal strategies for overcoming difficulties.

Follow the steps below to create your 'Resilience Map'. Think about a time you found something tricky and how you kept going. Use the word bank to help you label your drawing.

Draw: In the centre of your page, draw Leo the Lion standing on a path that leads up a mountain. Around Leo, draw three 'stepping stones' on the path. On the first stone, draw a challenge you have faced. On the second stone, draw a strategy you used to overcome it (e.g., asking for help or taking a break). On the third stone, draw how you felt after you succeeded. Use colourful patterns to show the energy of your resilience. Label your drawing using at least four words from the word bank.



Label words: Persistence · Growth Mindset · Support Network · Positive Self-talk · Problem-solving · Courage · Patience

Steps:

1. Identify one 'Support Network' member you could turn to if you were struggling with a task. Why would you choose them?
2. Write down one example of 'Positive Self-talk' you could use when you feel like giving up on a piece of

maths work.

3. Explain why it is important to show 'Patience' when learning a new skill.
4. Look at your drawing. Which of your strategies is the most helpful when you are feeling frustrated?
5. Describe how a 'Growth Mindset' changes the way we look at making a mistake.