My Resilience Action Plan with Leo the Lion

Learning objective: To understand the meaning of resilience and develop strategies to overcome challenges by reflecting on personal experiences.

Leo the Lion often faces challenges when leading his friends on adventures. Use this template to think about a time you found something difficult. Write down how you felt, what you learned, and how you kept going. Remember, resilience is like a muscle—it gets stronger every time you practise using it!

Word bank: courage · determination · positive · strategy · persistence · solution · support · growth

1. The Challenge: Describe a situation recently that you found difficult or frustrating. What was the specific goal you were trying to achieve? (2 marks)

2. Feelings Check: How did you feel when you first encountered this challenge? It is okay to feel frustrated or worried. (2 marks)

3. The Turning Point: What specific step did you take to keep going? Did you ask for help, take a break, or try a different method? (3 marks)

4. What I Learned: Looking back, what did you discover about your own abilities? How could this help you next time things get tough? (3 marks)

5. Positive Affirmation: Write a short, encouraging sentence you can say to yourself next time you face a difficult task. (2 marks)

Extension challenge: Imagine Leo the Lion is about to give up on a tricky poetry task. Write a short 'motivational speech' from your perspective to help Leo stay resilient and finish his poem.