

Learning to Bounce Back: A Resilience Assessment

Learning objective: To understand what resilience is and how to use it when things get tricky.

Read each question carefully. Use the word bank to help you with your answers. Write your answers in the boxes provided.

Max the monkey is trying to learn a new trick. He falls down twice. He feels a bit sad, but he takes a deep breath. He remembers that learning takes time. He tries again and finally succeeds!

Word bank: Resilience · Mistake · Practice · Help · Positive · Goal

1. 1. What does 'resilience' mean? (Choose from the word bank). (2 marks)

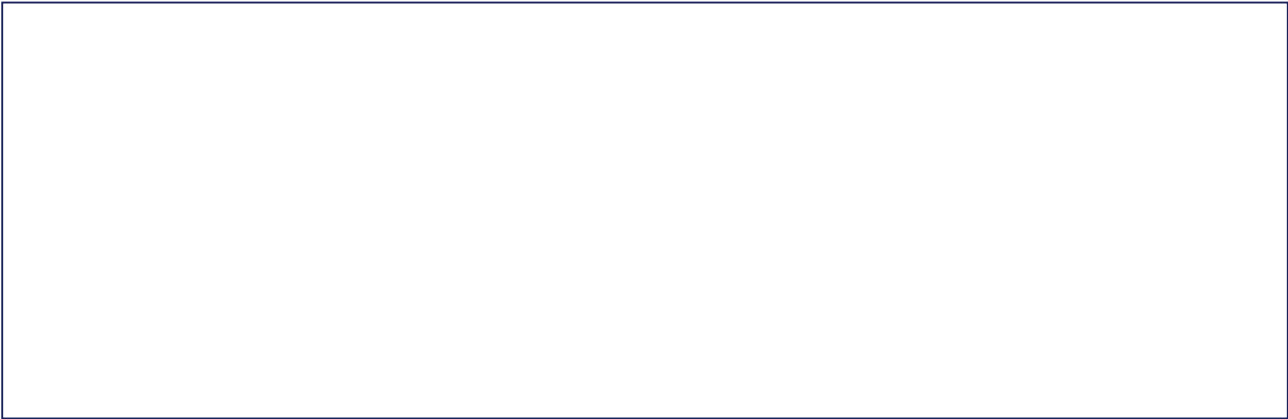
2. 2. Max made a mistake when learning his trick. Is it okay to make a mistake? Why? (3 marks)

3. 3. Name two things you can do if you find a task too hard. (4 marks)

4. 4. Why is it important to keep trying even when you are frustrated? (6 marks)

5. 5. Write a short story (3-4 sentences) about a time you found something hard but did not give up. Use the word 'practice' in your answer. (10 marks)

Draw: Draw a picture of yourself doing something that you are good at because you kept trying.



Extension challenge: Total: /25. Think of a goal you have for this term. Write it down and list one step you can take to reach it.