

Bounce Back with Max: A Resilience Quiz

Learning objective: To understand the meaning of resilience, identify strategies to overcome setbacks, and recognise the importance of a growth mindset.

Read each question carefully. Max the monkey is here to help you solve these life puzzles! Choose the best answer, or write your response in the space provided. Remember, resilience is like a muscle—it gets stronger the more you use it.

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.Perseverance, 6.A, 7.True, 8.B, 9.False, 10.A. Resilience is the ability to adapt to difficult situations and keep trying when things do not go to plan.

Word bank: Resilience · Setback · Growth Mindset · Perseverance · Challenge · Positive

1. Max is trying to solve a tricky maths puzzle but keeps getting the wrong answer. What should he do? A) Give up and play, B) Throw the paper away, C) Take a deep breath and try a different method*, D) Ask someone else to do it for him. (1 mark)

2. True or False: Resilience means that you never feel sad or frustrated when things go wrong. (1 mark)

3. True or False: A 'Growth Mindset' means believing that your intelligence and skills can be improved with practice. (1 mark)

4. If you fail a test, which thought shows the best resilience? A) 'I am just not clever enough.', B) 'I found this hard, but I can learn more for next time.', C) 'The test was unfair.', D) 'I will never try that subject again.' (1 mark)

5. What is the name for the quality of continuing to work towards a goal even when it becomes very difficult? (1 mark)

6. You have been saving your pocket money (£5 a week) to buy a new book for £25. You accidentally spend £10 on a treat. What is a resilient way to handle this? A) Keep saving and calculate how many extra weeks you need*, B) Stop saving entirely, C) Blame a friend, D) Ask for more money. (1 mark)

7. True or False: Making mistakes is a natural part of the learning process. (1 mark)

8. Which of these is a helpful way to calm down when you feel overwhelmed? A) Shouting, B) Using deep breathing techniques*, C) Ignoring the problem, D) Giving up. (1 mark)

9. True or False: You should only be resilient if you are sure you will win or succeed. (1 mark)

10. If a friend is struggling with a task, what is the kindest and most resilient advice to give? A) 'Keep going, I believe you can do it.', B) 'Just stop, it is too hard.', C) 'Maybe you aren't good at this.', D) 'Don't worry about it.' (1 mark)

Draw: Draw a picture of Max the monkey solving a difficult problem. Show his face looking determined, and include a speech bubble where Max says something encouraging to himself.



Extension challenge: 1. Explain why it is important to reflect on mistakes rather than hiding them. 2. Compare and contrast 'giving up' with 'asking for help'. Which is more resilient and why? 3. Justify your answer: Does being resilient mean you have to be happy all the time? 4. What might happen if someone never faced any challenges in their life? 5. Write a short poem about a time you showed resilience. 6. Describe a situation where someone might need to change their strategy to achieve a goal.