

Keeping Going with Max the Monkey

Learning objective: To understand what resilience is and how to bounce back when things feel tricky.

Read each question carefully. Use the word bank to help you write your answers. If you feel stuck, remember what Max the Monkey does when a maths puzzle is hard!

Word bank: Resilience · Mistake · Try · Help · Practice · Calm · Breathe

1. Max is trying to solve a hard maths puzzle, but he gets the wrong answer. What is the first thing he should do to stay calm? (2 marks)

2. Why is it okay to make a mistake when you are learning something new? (2 marks)

3. If you are finding a task very difficult, who could you ask for help? (1 mark)

4. Complete this sentence: Resilience means that when things get tough, I will not give up, I will _____. (1 mark)

5. Write one thing you can say to yourself to feel better when you are struggling. (2 marks)

Draw: Draw a picture of yourself trying something new that was difficult at first, but you kept going until you succeeded.



Extension challenge: Think of a time this week when you felt frustrated. Write down one thing you did to help yourself feel better and carry on.