

Building Resilience with Max and Leo

Learning objective: To understand the meaning of resilience and identify strategies to overcome challenges and setbacks.

Read each flashcard carefully. Think about how you can use these skills in your own life when you find a task difficult or feel disappointed.

What is Resilience?

Resilience is the ability to recover quickly from difficulties or setbacks and keep trying even when things feel tough.

Max says: 'I can't solve this math puzzle yet!' Why is the word 'yet' important?

It shows a growth mindset, it implies that with more practice and a different strategy, success is possible in the future.

What is Perseverance?

Perseverance is the determination to keep working towards a goal, even when you encounter obstacles or find the task boring or hard.

Leo the Lion often writes poetry. If he makes a mistake with a rhyme, what should he do?

He should view the mistake as a learning opportunity, edit his work, and try a different word choice instead of giving up.

How can breaking a large task into smaller steps help you stay resilient?

It makes the challenge feel less overwhelming and allows you to celebrate small successes along the way.

What is a 'Growth Mindset'?

The belief that your abilities and intelligence can be developed through hard work, good strategies, and input from others.

Why is it helpful to ask for help when you are stuck?

Asking for help is a sign of strength, it allows you to gain a new perspective or learn a new strategy to overcome the barrier.

How does your body react when you feel frustrated, and how can you calm down?

You might feel hot or tense. Using deep breathing or taking a short break helps you return to a calm state to think clearly.

Why is it important to learn from mistakes rather than feeling upset by them?

Mistakes provide information about what didn't work, which guides you toward what might work next time.

What is an internal 'positive self-talk' phrase you can use when a task feels impossible?

Examples include: 'This is tricky, but I can improve with practice,' or 'I haven't mastered this quite yet.'