

Building Your Inner Strength: Mastering Resilience

Learning objective: To understand that resilience is the ability to recover from challenges and to identify strategies for maintaining a positive mindset when faced with setbacks.

Read each scenario carefully. Think about how you would react, using the word bank to help you express your feelings and solutions. Ensure your answers show how you can bounce back from a difficult situation.

Word bank: persevere · perspective · mindfulness · challenge · adaptable · courage · strategy · reflection

1. Max the monkey is trying to solve a complex math puzzle, but he keeps getting the wrong answer. Explain why giving up is not the best choice and suggest one strategy Max could use to persevere. (2 marks)

2. Leo the lion was excited to lead the group adventure, but it started raining, and they had to cancel. Compare and contrast how a person with low resilience might react versus someone with high resilience. (2 marks)

3. Nova the owl is worried because she didn't understand her science project the first time. Justify why making a mistake is actually a helpful part of the learning process. (2 marks)

4. Think of a time you found a task difficult. What was your 'Plan B' when the first attempt didn't work? Explain your process. (2 marks)

5. If you were coaching a friend who felt like quitting a sport because they weren't the best at it yet, what three pieces of encouraging advice would you give them to help them keep going? (3 marks)

6. What might happen if someone never faced any challenges in their life? Discuss how obstacles help us grow and develop new skills. (2 marks)

Draw: Draw a 'Resilience Tree'. The roots of the tree represent the things that help you stay strong (like family, friends, or hobbies), and the leaves represent the challenges you have overcome. Label your tree with words from the word bank.



Extension challenge: Write a short, encouraging poem in the style of Leo the Lion. Your poem should be about a character who fails at first but succeeds because they refused to give up. Use at least four words from the word bank in your writing.