

The Resilience Mountain: Climbing Through Challenges

Learning objective: To understand that resilience is the ability to recover from setbacks and to identify positive strategies for overcoming difficulties.

Leo the Lion is planning an expedition up the Great Peak. Sometimes, Leo encounters 'Stumbling Stones' (challenges) that make him feel like giving up. Match each Stumbling Stone to a 'Stepping Stone' (a resilient strategy) that helps Leo keep moving forward. Write the letter of the correct Stepping Stone next to the matching Stumbling Stone.

Word bank: Positive self-talk · Asking for help · Breaking it down · Growth mindset · Taking a deep breath · Learning from mistakes

1. Stumbling Stone A: Leo tries to write a poem but cannot find a rhyme. Stepping Stone: ? (2 marks)

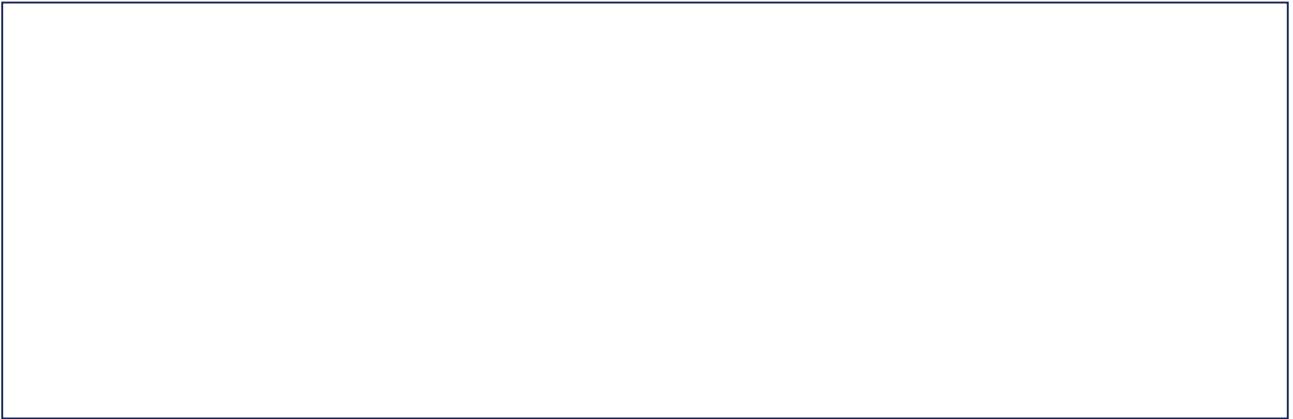
2. Stumbling Stone B: Leo feels overwhelmed by a long list of jobs to do. Stepping Stone: ? (2 marks)

3. Stumbling Stone C: Leo makes a mistake in his calculations and feels frustrated. Stepping Stone: ? (2 marks)

4. Stumbling Stone D: Leo is worried he isn't good enough at climbing. Stepping Stone: ? (2 marks)

5. Why is it important to see a mistake as a 'stepping stone' rather than a stop sign? (2 marks)

Draw: Draw a picture of Leo the Lion standing at the bottom of a tall mountain. Label the path leading to the top with the 'Stepping Stone' strategies you chose.



Extension challenge: Think of a time this week when you faced a challenge. Write a short paragraph explaining which 'Stepping Stone' strategy you used, or could have used, to show resilience.