

Bounce Back with Leo the Lion: Your Guide to Resilience

Be Brave, Be Bold, and Bounce Back!

- Resilience is like a eraser ball; it is the amazing ability to bounce back after a difficult day or a mistake.
- Mistakes are not failures; they are helpful clues that show us exactly what we need to learn next.
- Using the word 'yet' is a superpower. Instead of saying 'I cannot do this', try saying 'I cannot do this yet'.
- Breaking a big, scary task into smaller, manageable steps makes even the hardest goals feel possible.
- Asking for help is a sign of great strength, not weakness. Everyone needs a helping hand sometimes.
- Your feelings are always valid, but remember that tough moments are temporary and will pass.

Did you know? Did you know that your brain is like a muscle? Every time you face a difficult challenge and keep trying, you are actually building new connections in your brain, making your mind stronger and more capable for the next time!

Key vocabulary: Resilience · Perseverance · Growth Mindset · Challenge · Determination · Perspective