

Building Your Resilience: A Quiz with Max the Monkey

Learning objective: To understand the meaning of resilience, identify strategies for overcoming challenges, and recognize that mistakes are a natural part of learning.

Max the Monkey is looking at life like a math puzzle! Sometimes we hit a 'calculation error' (a challenge). Use your knowledge of resilience to answer these 10 questions. Good luck!

Answer Key: 1. A (Keep trying); 2. True; 3. Growth Mindset; 4. B (Tell a trusted adult); 5. False; 6. Strategy; 7. True; 8. C (Take a deep breath and try again); 9. Perseverance; 10. True. Resilience is the ability to bounce back from difficulty, not avoiding difficulty altogether.

Word bank: Resilience · Perseverance · Growth Mindset · Challenge · Support · Strategy · Mistake

1. 1. Max is trying to solve a tricky puzzle but cannot get the answer. What is the most resilient choice? A) Keep trying a different method*, B) Give up and play, C) Ask someone else to do it, D) Get angry. (1 mark)

2. 2. True or False: Having a 'Growth Mindset' means believing that your brain can get stronger through practice. (1 mark)

3. 3. What do we call the ability to recover quickly from difficulties or setbacks? (One word answer) (1 mark)

4. 4. If you are feeling overwhelmed by a big task, what is a resilient step to take? A) Ignore it, B) Break it into smaller, manageable parts*, C) Stop working entirely, D) Copy someone else. (1 mark)

5. 5. True or False: Resilient people never feel sad or frustrated when things go wrong. (1 mark)

6. 6. When you face a problem, changing the way you tackle it is called using a _____. (1 mark)

7. 7. True or False: Making a mistake is a valuable opportunity to learn something new. (1 mark)

8. 8. You have been practising a new skill for £2 worth of time but still haven't mastered it. What should you do? A) Throw your equipment, B) Quit, C) Take a break and try a new approach*, D) Pretend you don't care. (1 mark)

9. 9. What is the word for the determination to keep going despite difficulty? (One word answer) (1 mark)

10. 10. True or False: Asking for help when you are truly stuck is a sign of resilience, not weakness. (1 mark)

Draw: Draw a picture of Max the Monkey successfully climbing a tree that he once found too difficult. Show him using a 'strategy' like checking where he places his hands and feet.



Extension challenge: Write a short poem (4 lines) about a time you faced a challenge and how you used resilience to 'bounce back'.