

# My Resilience Action Plan with Leo the Lion

*Learning objective: To understand the meaning of resilience and develop strategies to overcome challenges by reflecting on personal experiences.*

Leo the Lion often faces challenges when leading his friends on adventures. Use this template to think about a time you found something difficult. Write down how you felt, what you learned, and how you kept going. Remember, resilience is like a muscle—it gets stronger every time you practice using it!

*Word bank: courage · determination · positive · strategy · persistence · solution · support · growth*

**1. The Challenge: Describe a situation recently that you found difficult or frustrating. What was the specific goal you were trying to achieve? (2 marks)**

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**2. Feelings Check: How did you feel when you first encountered this challenge? It is okay to feel frustrated or worried. (2 marks)**

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**3. The Turning Point: What specific step did you take to keep going? Did you ask for help, take a break, or try a different method? (3 marks)**

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**4. What I Learned: Looking back, what did you discover about your own abilities? How could this help you next time things get tough? (3 marks)**

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**5. Positive Affirmation: Write a short, encouraging sentence you can say to yourself next time you face a difficult task. (2 marks)**

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*Extension challenge: Imagine Leo the Lion is about to give up on a tricky poetry task. Write a short 'motivational speech' from your perspective to help Leo stay resilient and finish his poem.*