

Being Strong and Bouncing Back: A Resilience Word Mat

Learning objective: To understand the meaning of resilience, identify strategies for overcoming challenges, and recognise the importance of perseverance in the Early Years Foundation Stage (Foundation).

Key Vocabulary

Use this word mat to help you talk about how we keep going when things get tricky. The words are grouped into categories: 'How we feel', 'What we can do', and 'Our mindset'.

Pip the caterpillar...	If you make a mis...	Max the monkey i...
What does it mea...	If a friend is stru...	