Keeping Going with Leo the Lion

Learning objective: To understand what resilience is and how to use it when we find a task difficult.

Leo the Lion wants to learn to write a long poem, but he sometimes finds it tricky. Read these scenarios about Leo. Decide if the action shows 'Resilience' (trying again when things are hard) or 'Giving Up'. Draw a line to match the action to the correct group, or write the word in the box.

Word bank: Resilience · Giving Up · Try again · Ask for help · Stop working · Keep going

1. Leo tries to write a rhyme but cannot find the right word. He closes his book and walks away. Is this Resilience or Giving Up? (2 marks)

2. Leo cannot write his poem. He takes a deep breath, asks his friend for a suggestion, and writes one more line. Is this Resilience or Giving Up? (2 marks)

3. Leo makes a spelling mistake. He crosses it out neatly, checks his word list, and fixes it. Why is this a good way to show resilience? (2 marks)

4. Think of one thing you find hard at school. What is one small step you can take to 'keep going' instead of giving up? (2 marks)

Draw: Draw a picture of Leo the Lion feeling proud because he finished something he found difficult. Add a speech bubble showing Leo saying something kind to himself.

Extension challenge: Write down a 'Resilience Mantra' for yourself. This is a short phrase you can say when you are stuck, like 'I can do this if I take it slowly.'