

Being Resilient with Max and Friends

Learning objective: To understand what resilience is and how to keep trying when things are difficult.

Read the front of each flashcard. Think about how you would feel or what you would do. Then, read the answer on the back to learn more about being resilient. Use the word bank if you need help with the meanings.

What is resilience?

Resilience is the ability to bounce back when things go wrong or feel hard.

Max is stuck on a hard maths sum. What should he do?

He should take a deep breath, look at the steps again, and keep trying.

What does it mean to 'persist'?

To persist means to keep trying even when a task is tricky.

Is making a mistake a bad thing?

No, mistakes help us learn. They show us how to improve next time.

What is a 'challenge'?

A challenge is a task or a problem that tests your skills and helps you grow.

Why is it good to stay positive?

A positive mind helps you feel brave and ready to solve problems.

If you are struggling, who can you ask for help?

You can ask a teacher, a friend, or a grown-up for support.

How does practice help us be resilient?

Practice makes us better at things, so we feel more confident next time.

What is a goal?

A goal is something you want to achieve, like learning a new skill or finishing a project.

Nova feels sad because she failed. What should she tell herself?

'I cannot do this yet, but I will keep trying.'