My Resilience Journey with Leo the Lion

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

Hello! Leo the Lion sometimes finds things tricky, but he never gives up. Think about a time you found something hard. Use this sheet to help you plan how to stay strong and keep going. Fill in the boxes below to show your brave thinking.

Word bank: Resilience · Brave · Try · Help · Practice · Mistake · Keep going · Strong

1. The Challenge: Describe something that feels tricky for you right now. (Sentence starter: I find it hard to...)

2. My First Step: What is one small thing you can do to start? (Sentence starter: I can start by...)

3. Who can help?: Who could you ask for help if you get stuck? (Sentence starter: I can ask...)

4. My Brave Thought: Write a positive sentence to say to yourself when you feel like giving up. (Sentence starter: I am getting better at...)

Extension challenge: Draw a picture of yourself succeeding at the task you wrote about in the first box. Give yourself a big smile!