

Leo's Guide to Being Brave and Bouncing Back

Keep Trying, Keep Growing: Resilience is Your Superpower!

- Resilience means choosing to try again, even when a task feels a little bit tricky.
- Leo the Lion knows that making a mistake is just a way for our brains to learn something new.
- It is okay to ask for help when you are stuck; asking for help is a very brave thing to do.
- Taking a deep breath helps us feel calm when we are feeling frustrated or sad.
- Every time you keep going, you are building your 'bouncing back' muscles.

Did you know? Did you know? Even the tallest trees in the forest start as tiny seeds. Just like a seed needs time to grow, your brain grows stronger every time you practise something tricky!

Key vocabulary: Resilience · Persist · Brave · Challenge · Mistake · Success