

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 (Nursery / LKG).

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...	