

The Resilience Expedition with Leo the Lion

Learning objective: To understand that resilience is a learnable skill that involves reframing setbacks, managing emotions, and developing a growth mindset.

Leo the Lion is preparing for a trek across the Savannah, but he keeps facing obstacles. Below are six scenarios. For each one, you must act as Leo's advisor. First, identify the 'Fixed Mindset' thought (what someone might think if they gave up), then write a 'Growth Mindset' response (a resilient, positive alternative) that would help Leo keep going.

Word bank: persistence · perspective · challenge · reflection · courage · strategy · determination · adaptability

1. Scenario 1: Leo tries to write a poem about the sunrise, but he cannot find the right rhyme for 'horizon'. He wants to throw his notebook away. What is a resilient way to reframe this? (2 marks)

2. Scenario 2: Leo attempts to lead his friends across a fast-flowing stream, but he slips and gets his paws muddy. He feels embarrassed. Explain why his embarrassment is a natural feeling, but how he could view the slip as a learning opportunity. (2 marks)

3. Scenario 3: Leo sets a goal to learn a new map-reading skill by Friday, but he fails to master it. Compare the difference between thinking 'I am not good at this' versus 'I am not good at this yet'. (2 marks)

4. Scenario 4: Justify why 'failure' is often considered a vital part of the scientific process for someone like Nova the Owl. (2 marks)

5. Scenario 5: What might happen if Leo decided to give up every time a task became difficult? Predict the impact this would have on his personal growth and his role as a leader. (2 marks)

6. Scenario 6: Create a personal 'Resilience Mantra' for Leo to say when he feels overwhelmed. Why would this specific phrase help him maintain his composure? (2 marks)

Draw: Draw a 'Resilience Mountain'. At the bottom, draw a small, frustrated Leo. As the mountain rises, draw steps representing strategies he uses to climb higher (e.g., asking for help, taking a deep breath, trying a new method). At the summit, draw a confident Leo looking out over the landscape.



Extension challenge: Write a short poem in the style of Leo the Lion about a time you faced a significant challenge. Describe the physical sensations you felt, how you adjusted your perspective, and what the ultimate outcome taught you about your own character.