

Year 5 PSHE Assessment: The Power of Resilience

Learning objective: To understand the meaning of resilience, identify strategies to overcome setbacks, and apply a growth mindset to challenging situations.

Read each question carefully. Use your best handwriting and provide detailed explanations where required. Remember to link your answers to the concept of a growth mindset.

Leo the Lion often tries to lead the forest choir, but sometimes the melodies go wrong or the rhythm falls apart. When this happens, Leo feels frustrated, but he remembers that learning a new song is a journey. Instead of giving up, he takes a deep breath, asks his friends for feedback, and breaks the music into smaller, manageable sections. He knows that his ability to improve is not fixed, but something he can build through practice and patience.

Word bank: Resilience · Perseverance · Growth Mindset · Challenge · Strategy · Perspective · Reflection · Self-regulation

1. Define the term 'resilience' in your own words. Why is it an essential skill for a Year 5 student to develop? (2 marks)

2. Look at Leo's approach in the passage. Identify two specific strategies he uses to handle his frustration. Explain why these are effective. (3 marks)

3. Max the Monkey is struggling to solve a complex maths puzzle. He says, 'I am not clever enough for this; I might as well stop.' How could Max use a 'growth mindset' to change his internal dialogue? Provide an alternative sentence he could say instead. (3 marks)

4. Compare and contrast a 'fixed mindset' with a 'growth mindset'. What are the long-term consequences of adopting a fixed mindset when facing a difficult task? (4 marks)

5. Imagine you are helping a friend who is upset because they failed a test they studied hard for. Justify three pieces of advice you would give them to help them maintain their resilience. (4 marks)

6. Extended Writing Task: Describe a time when you faced a significant challenge. Explain the physical and emotional reactions you experienced, the specific steps you took to persevere, and what you learnt about yourself through the process of reflecting on this experience. (5 marks)

7. What might happen if someone never experienced any challenges in their life? Discuss the potential impact on their character development. (4 marks)

Draw: Draw a 'Resilience Tree'. The roots should represent the things that support you (like friends, hobbies, or beliefs), the trunk represents your core strength, and the leaves represent the challenges you have overcome and the skills you have gained from them.



Extension challenge: Total: /25. Challenge: Research the 'neuroplasticity' of the brain. Explain how the brain physically changes when we persist through a difficult task, and how this relates to our ability to become more resilient over time.