

Developing Resilience with Leo the Lion

Learning objective: To understand the meaning of resilience, identify strategies for overcoming challenges, and recognise that setbacks are a natural part of personal growth.

Read each flashcard carefully. Use the prompts to reflect on how you can apply these concepts to your own life when facing academic or personal challenges.

What is Resilience?

Resilience is the ability to recover quickly from difficulties, adapt to change, and keep moving forward even when things feel tough.

Leo the Lion tries to write a poem but cannot find a rhyme for 'starlight'. How can he show perseverance?

By taking a short break, trying a different synonym, or asking a friend for a fresh perspective instead of giving up.

Define 'Growth Mindset'.

A Growth Mindset is the belief that your abilities and intelligence can be developed through dedication, hard work, and learning from mistakes.

Why is 'self-regulation' important during a challenge?

It helps you manage your emotions, stay calm, and think clearly so you can choose a sensible strategy rather than reacting impulsively.

Compare and contrast 'giving up' versus 'taking a break'.

Giving up is a permanent decision to stop trying, whereas taking a break is a temporary pause to recharge and return with a new approach.

Explain why making a mistake is actually a positive step in learning.

Mistakes provide 'data' on what does not work, allowing you to refine your approach and gain a deeper understanding of the task.

What does it mean to have a 'perspective shift'?

It means looking at a problem from a different angle to see if there is a way to solve it that you had not considered before.

Justify why resilience is a skill rather than just a personality trait.

Like a muscle, resilience can be strengthened through practice, positive self-talk, and consistently facing challenges with a brave attitude.

What might happen if you faced every challenge with optimism?

You would likely feel less anxious, be more willing to experiment with solutions, and find the process of overcoming obstacles more rewarding.

How can you help a friend who is feeling frustrated with their work?

By offering encouragement, listening to their feelings, and suggesting that they focus on one small step at a time.

Define 'Self-talk' and its role in resilience.

Self-talk is the inner dialogue you have with yourself, using positive, constructive language helps you maintain focus and confidence.

Leo says, 'I haven't learned this yet.' Why is the word 'yet' so powerful?

It implies that progress is a journey and that success is possible in the future if you continue your efforts.