

Rising to the Challenge: A Resilience Quiz

Learning objective: To understand the meaning of resilience, identify strategies for overcoming setbacks, and recognise the importance of a growth mindset.

Read each question carefully. Choose the best answer, write 'True' or 'False', or provide a short answer. Remember, resilience is like a muscle—the more you use it, the stronger it gets!

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.Perseverance, 6.A, 7.True, 8.B, 9.False, 10.Reflect. (Note: For question 10, any synonym for 'thinking back' or 'reviewing' is acceptable).

Word bank: Resilience · Growth Mindset · Setback · Perseverance · Strategy · Perspective · Reflect

1. 1. Max the monkey is trying to solve a tricky maths puzzle. He gets it wrong twice. What should Max do? A) Give up, B) Ignore the puzzle, C) Try a different strategy*, D) Get angry. (1 mark)

2. 2. True or False: Resilience means never failing at anything. (1 mark)

3. 3. True or False: If you find a task difficult, it means you aren't clever enough to do it. (1 mark)

4. 4. Which term describes the belief that your abilities can improve with effort? A) Fixed mindset, B) Growth mindset*, C) Perfectionism, D) Talent. (1 mark)

5. 5. What is the one-word term for 'the continued effort to do or achieve something despite difficulties or failure'? (1 mark)

6. 6. If a friend is upset because they didn't win a race, what is the most resilient thing to say? A) 'Don't worry, you'll improve if you keep practising.', B) 'It's unfair, you should have won.', C) 'Stop being sad.', D) 'You aren't a good runner.' (1 mark)

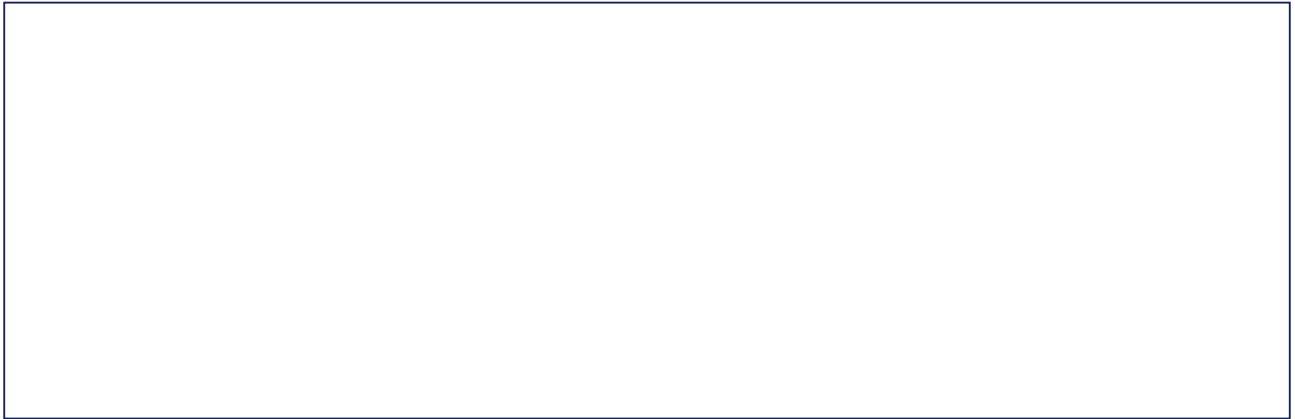
7. 7. True or False: Asking for help when you are stuck is a sign of resilience. (1 mark)

8. 8. When Nova the owl makes a mistake in her stargazing notes, what is the best way to handle it? A) Throw the notes away, B) Correct the error and learn from it*, C) Pretend it didn't happen, D) Blame someone else. (1 mark)

9. 9. True or False: Resilience is something you are born with and cannot develop. (1 mark)

10. 10. What is the one-word action you take after a setback to think about what went well and what you could change next time? (1 mark)

Draw: Draw a scene featuring Pip the caterpillar trying to climb a very tall, slippery leaf. Show him using a tool or a clever idea to help him reach the top instead of giving up.



Extension challenge: 1. Explain why 'failing' is often a necessary part of the learning process. 2. Compare and contrast a 'fixed mindset' with a 'growth mindset'. 3. Justify why it is important to show empathy to others when they are struggling. 4. What might happen if someone avoids every challenge they ever face? 5. Describe a time you showed resilience. What specific strategies did you use? 6. If you were coaching a friend who wanted to give up on a project worth £50 in materials, how would you motivate them to persist?