

Building Inner Strength: A Resilience Word Mat

Learning objective: To develop a sophisticated vocabulary for understanding resilience and emotional regulation in line with Year 5 PSHE requirements.

Key Vocabulary

Use this resource to expand your understanding of resilience. The terms are grouped into 'The Growth Mindset', 'Emotional Regulation', and 'Overcoming Challenges'.

Explain why havi...	Compare and con...	Justify your ans... Is a 'setback' always a n...
What might happ...	Max the monkey i...	How does 'mindfu...