

Building Your Inner Strength: Mastering Resilience with Leo the Lion

Learning objective: To understand the concept of resilience as a growth mindset and to develop strategies for overcoming setbacks.

Read each scenario carefully and reflect on how you can apply the 'Bounce-Back' method. Use the word bank to help articulate your responses clearly.

Leo the Lion often leads his friends on long expeditions across the savannah. Sometimes, the path is blocked by a storm, or a map gets torn, and the group feels discouraged. Leo teaches them that resilience isn't about never failing; it is about having the courage to try again with a new plan. When you face a challenge, remember: pause, take a deep breath, and look for a different way forward.

Word bank: Resilience · Perseverance · Growth mindset · Strategy · Perspective · Self-regulation · Determination · Reframing

1. Leo the Lion encounters a steep, rocky cliff that he cannot climb on his first attempt. Explain why Leo should view this as an opportunity for growth rather than a sign of failure. (2 marks)

2. Max the Monkey is frustrated because his maths puzzle is too difficult and he wants to give up. Suggest one specific 'reframing' strategy Max could use to change his attitude towards the task. (2 marks)

3. Compare and contrast 'giving up' with 'seeking support'. Why might asking for help be considered a sign of strength rather than a weakness? (2 marks)

4. Identify a time you faced a setback this term. Justify how your response to that situation demonstrated (or could have demonstrated) resilience. (3 marks)

5. What might happen if someone avoids every challenge they ever face? Explain the long-term impact this could have on their confidence. (2 marks)

6. If a friend was feeling disheartened after receiving a lower mark than expected on a piece of work, what advice based on a 'growth mindset' would you offer them? (2 marks)

Draw: Draw a 'Resilience Shield'. In the centre, draw yourself. In the four corners of the shield, illustrate four different strategies you can use when things go wrong (e.g., deep breathing, asking a friend, breaking a task into steps, or taking a break).



Extension challenge: Write a short, encouraging poem in the style of Leo the Lion, titled 'The Bounce-Back'. Your poem should explain the importance of keeping going when a task becomes difficult. Use at least four words from the word bank in your writing.