

# Staying Strong with Max: Learning about Resilience

*Learning objective: To understand what resilience is and how to keep trying when things are difficult.*

Read the sentences below. Use the sentence starters to help you write about a time you showed resilience. Think about how Max the monkey keeps trying to solve his math puzzles even when they are tricky!

Resilience means not giving up when something is hard to do.

*Word bank: resilience · challenge · keep trying · problem · proud · firstly · however · finally · because · solution*

**1. What was a challenge that you faced? Start your sentence with: I found it tricky when... (2 marks)**

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**2. What did you do to keep trying? Start your sentence with: I did not give up because I... (2 marks)**

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**3. How did you feel when you finally finished? Start your sentence with: In the end, I felt... (2 marks)**

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**4. What advice would you give to a friend who is struggling? Start your sentence with: My best advice is to... (2 marks)**

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*Extension challenge: Draw a picture of yourself succeeding at a task that you once found very difficult.*