

Building Resilience: The Power of 'Not Yet'

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

Read each question carefully. Answer in full sentences where required. Think about how you can use your inner strength when facing a tricky task.

Max the monkey tried to balance five spinning plates at once. They all wobbled and clattered to the floor. Max felt frustrated, but he remembered what Pip the bookworm once said: 'A mistake is just a chance to learn how to do it differently next time.' Instead of giving up, Max took a deep breath, picked up one plate, and practised his balance again. He knew that by staying calm and trying a new method, he could eventually master the skill.

Word bank: Resilience · Growth mindset · Perseverance · Self-talk · Challenge · Mistake · Strategy

1. Based on the passage, explain what Max meant when he decided to try again instead of giving up. (2 marks) (2 marks)

2. Define the word 'resilience' in your own words. Why is it an important quality to have at school? (3 marks) (3 marks)

3. List two 'positive self-talk' phrases you could use when you find a maths problem or a piece of writing particularly difficult. (2 marks) (2 marks)

4. Leo the lion is feeling discouraged because he cannot get his poem to rhyme. Suggest two strategies he could use to overcome this challenge. (4 marks) (4 marks)

5. Explain the difference between a 'fixed mindset' (believing you cannot change) and a 'growth mindset' (believing you can improve with effort). (4 marks) (4 marks)

6. Describe a time you faced a challenge that you did not succeed at immediately. How did you react, and what did you learn from the experience to help you the next time? (5 marks) (5 marks)

Draw: Draw a picture of yourself as a 'Resilience Hero'. Include one item in your drawing that represents a challenge you have overcome and one symbol that represents your inner strength.



Extension challenge: Total: /25. Think of a goal you want to achieve this term. Write down one small step you can take each day this week to move closer to that goal, even if it feels difficult at first.