

Resilience: The Power to Bounce Back

Learning objective: To understand the meaning of resilience and identify strategies to overcome challenges and setbacks.

Use these flashcards to test your knowledge about resilience. Read the term or question on the front, think about the answer, and then check the back.

What does it mean to be resilient?

Resilience is the ability to bounce back, recover, or 'spring back' after facing a challenge, disappointment, or difficult situation.

Max has a maths puzzle he cannot solve. What is a 'Growth Mindset' approach he could use?

Instead of saying 'I can't do this,' a growth mindset means saying 'I can't do this YET,' and viewing the challenge as an opportunity to learn.

What is 'Perseverance'?

Perseverance is the act of keeping going and trying your best even when a task is difficult, boring, or when you feel like giving up.

Nova tries to learn a new stargazing fact but gets it wrong. Why is making a mistake a positive thing?

Mistakes are a natural part of learning. They show us what we need to practise more and help our brains grow stronger.

Why is it important to ask for help when you are struggling?

Asking for help is a sign of strength, not weakness. It allows you to gain new perspectives and find better ways to solve a problem.

Zara is painting a picture, but the colours are mixing in a way she didn't expect. How can she use resilience here?

She can stay calm, look at the new pattern she created, and decide to adapt her artwork instead of starting over or getting upset.

What is a 'strategy' in the context of resilience?

A strategy is a planned way of doing something, such as taking deep breaths, breaking a big task into smaller steps, or taking a short break.

True or False: Resilience means you never feel sad or frustrated when things go wrong.

False. Being resilient doesn't mean you don't feel emotions; it means you acknowledge those feelings and find a way to move forward.

How can Pip the bookworm show resilience if he struggles to understand a new book?

He could re-read the tricky sentences, look up new words, or ask a friend to discuss the story with him.

Why is it important to look after your physical well-being when facing a challenge?

When you are well-rested, fed, and hydrated, your brain is better equipped to handle stress and think of clever solutions.