

Building Your Resilience with Leo the Lion

Be Brave, Be Bold, Let Your Resilience Unfold!

- Resilience is like a rubber band; it might stretch under pressure, but it has the strength to snap back into shape.
- A 'Growth Mindset' means believing that your skills and intelligence can be developed through hard work and dedication.
- When you face a difficult task, try breaking it down into smaller, manageable steps rather than giving up.
- Asking for help is a sign of strength, not weakness; great leaders know when to collaborate with others to solve a puzzle.
- Positive self-talk, such as saying 'I cannot do this yet,' changes how your brain processes challenges.
- Reflecting on your mistakes helps you create a better plan for the next time you try.

Did you know? Did you know? Even the strongest animals in the wild face obstacles every single day. Resilience isn't about never failing; it is about having the courage to try a different path when the first one doesn't work. Scientists have found that our brains actually grow stronger connections when we struggle with a difficult task, so every mistake is a chance to learn something new!

Key vocabulary: Resilience · Perseverance · Growth Mindset · Challenge · Strategy · Determination