

Bounce Back with Max and Leo: A Resilience Quiz

Learning objective: To understand the meaning of resilience, identify strategies for overcoming challenges, and recognise that mistakes are a natural part of learning.

Join Max the monkey and Leo the lion as they explore what it means to be resilient. Read each question carefully and circle the best answer. Remember, being resilient doesn't mean you never feel sad; it means you keep trying!

Answer Key: 1. A, 2. True, 3. False, 4. B, 5. True, 6. Perseverance, 7. C, 8. True, 9. A, 10. Growth.

Resilience is the ability to recover from difficulties and keep moving forward. When Max faces a tricky maths puzzle or Leo struggles with a poem, they use their 'growth mindset' to try a different approach rather than giving up. Making mistakes is just a way of learning what doesn't work!

Word bank: Resilience · Perseverance · Mindset · Strategy · Challenge · Growth · Mistake

1. 1. What does it mean to be resilient? A) Giving up when things get hard, B) Bouncing back after a challenge*, C) Never making any mistakes, D) Doing everything perfectly the first time. (1 mark)

2. 2. True or False: Asking a friend or teacher for help when you are stuck is a sign of resilience. (1 mark)

3. 3. True or False: Resilient people never feel frustrated or upset when they fail. (1 mark)

4. 4. If you try a task and it doesn't go to plan, what is the best thing to do? A) Stop working, B) Try a different strategy*, C) Get angry, D) Wait for someone else to do it. (1 mark)

5. 5. True or False: A 'Growth Mindset' is the belief that your skills can improve with practice. (1 mark)

6. 6. What is the word for the quality of continuing to try, even when a task is very difficult? (One word answer) (1 mark)

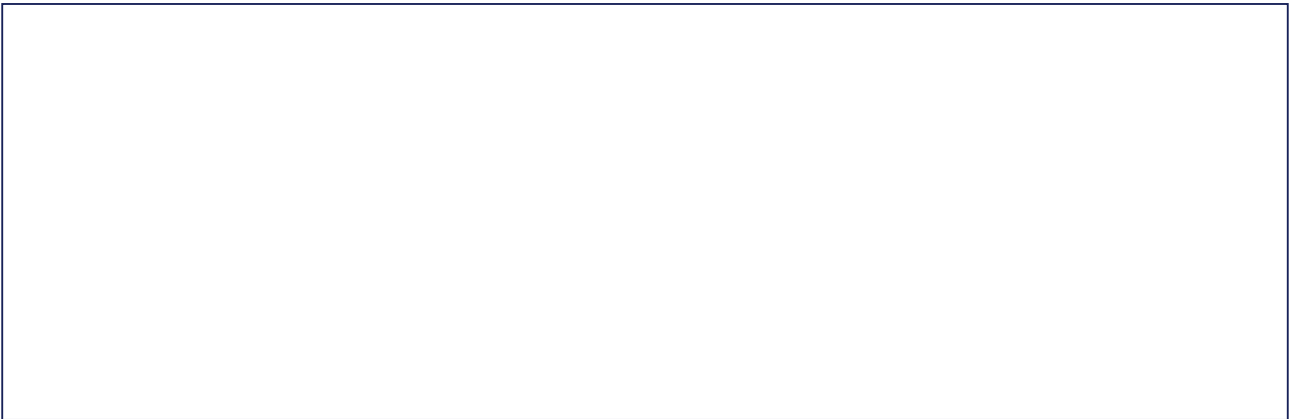
7. 7. Max is struggling to solve a complex sum. Which thought shows resilience? A) 'I'm just not good at this.', B) 'This is too hard for me.', C) 'I can't do this yet, but I will keep trying.*', D) 'I will just copy someone else.' (1 mark)

8. 8. True or False: Mistakes are a natural and helpful part of the learning process. (1 mark)

9. 9. Which of these helps you stay resilient? A) Taking a deep breath and staying calm*, B) Ignoring the problem until it goes away, C) Blaming others for the challenge, D) Rushing through the work. (1 mark)

10. 10. If you finish a task and it was very hard, what feeling should you focus on? A) Relief that it is over, B) Pride in your effort and growth*. (1 mark)

Draw: Draw a picture of Max the monkey and Leo the lion working together to solve a _____ difficult puzzle. Show them looking determined and helpful, rather than frustrated.



Extension challenge: Write a short poem (4-6 lines) about a time you faced a challenge and how you used your resilience to overcome it. Think about the 'yet' in your life—what is something you cannot do... yet?