

Building Resilience with Leo the Lion

Learning objective: To understand that resilience is the ability to bounce back from challenges and to identify strategies for overcoming setbacks.

Read each question carefully and think about how you would react in these situations. Use the word bank to help you express your ideas clearly.

Leo the Lion often leads his friends on long expeditions through the Great Meadow. Sometimes, the weather turns stormy, or the path gets blocked by fallen branches. Leo knows that when things get tough, he must stay calm, ask for help if needed, and try a different route. This is called resilience—the lion-hearted strength to keep going even when a task feels difficult.

Word bank: Perseverance · Mindset · Challenge · Strategy · Positive · Reflection · Encouragement

1. Leo is trying to learn a new, tricky poem, but he keeps forgetting the lines. Explain why 'perseverance' is a better choice than giving up. (2 marks)

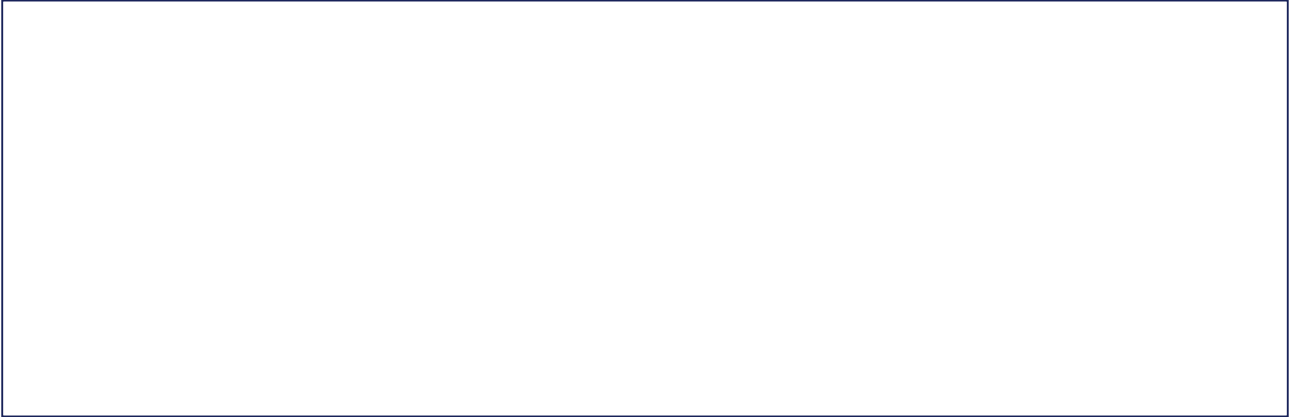
2. Max the monkey is stuck on a difficult maths puzzle. Suggest two specific strategies Max could use to show resilience instead of getting frustrated. (2 marks)

3. Think of a time you found a school task challenging. How did you change your 'mindset' to keep working on it? (2 marks)

4. Why is it helpful to talk to a friend or teacher when you are struggling with a task, rather than keeping your worries to yourself? (2 marks)

5. If you fail at a task on your first attempt, why is it important to view it as a 'learning opportunity' rather than a final result? (2 marks)

Draw: Draw a picture of Leo the Lion facing a challenge in the forest, but show him using a positive strategy to solve the problem.



Extension challenge: Write a short 'Resilience Mantra'—a sentence you can say to yourself when you feel like giving up—and explain why these words would help you stay motivated.