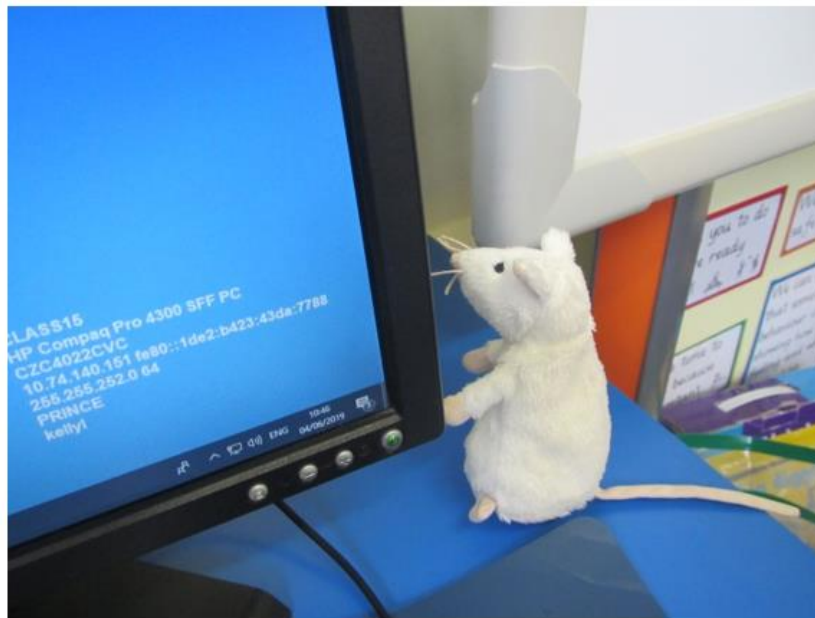




The Story of Resilience Mouse
By Rainbow Class



Yesterday, Resilience Mouse was feeling hungry. He looked for some cheese.



He looked behind the computer. He couldn't find any cheese but he didn't give up.



He **looked** in the hanging basket with the **strawberry plants**. He couldn't find any **strawberries** or **cheese** but he didn't give up.



He **asked** his friend **Walt** if he knew where the **cheese** was. **Walt** didn't know but **Resilience** didn't give up.



He **looked in the doll's house**. He couldn't find any **cheese** but he didn't give up.



He **looked behind the door**. He **found** some **cheese**!



Well done, **Resilience**. You didn't give up!

How did Resilience feel?

angry 🙄

frustrated 😡

sad 😞

lonely 😞

desperate 😞

What can you do to become more resilient?

Talk to people who care about you.

Think positive!

Ask for help.

Practise being resilient by

Think creatively
– what can I do differently?

challenging yourself in things you're good at.

Challenge:

Make up your own story about someone who had to show resilience.

