

Morning Starters: Spring 1 - Resilience

Word Challenge

Resilient

Which words or phrases have a similar meaning to the word ‘resilient’?

Grammar Challenge

Click text to edit ✎

Write a descriptive sentence that includes the following words:

goby	inched
waterfall	determination

Example: With quiet determination, the goby inched its way up the rockface of the roaring waterfall.

Did You Know?

In Hawaii, tiny fish called gobies scale huge waterfalls. It’s a task that requires tremendous bravery and resilience! These rock-climbing fish attach themselves to slippery rocks with their sucker-like fins and slowly move upward, inch by inch. For a fish so small, this journey is especially challenging but the reward is great. At the top of the waterfall, freshwater pools provide the fish with places to feed and breed in safety.

Where in the world is Hawaii? Click the [🌐](#)



Credit: BBC One - Life

Number Challenge

A goby climbed **two-fifths** of a **30 metre** waterfall.

How much further does it need to climb?



Critical Thinking

“Fall seven times, stand up eight.”

What is the true meaning of this famous Japanese proverb?