

## Reading Passage - Learning Resilience

Resilience means being able to keep going, even when life becomes difficult. It does not mean being strong all the time. Instead, it means trying again after something goes wrong.

Tina is a Form 1 student who recently moved to a new school. At first, she felt lonely because she did not know anyone. She was also shy, so she found it hard to talk to her classmates. One day, she tried to join a group project, but the other students already had their own teams. Tina felt sad and wanted to give up.

That evening, her older sister told her, "Resilience is not about never feeling upset. It is about trying again tomorrow." Tina thought about these words and decided to make a small change. The next day, she smiled at a girl in her class and said hello. The girl smiled back and invited Tina to sit with her at lunch.

Slowly, Tina made more friends. She still felt nervous sometimes, but she kept trying. She learned that resilience grows when we take small steps forward, even if they feel scary. By the end of the term, Tina felt more confident and proud of herself.

### Vocabulary Section (Easy)

**Match the words to their meanings.**

1. Lonely
2. Shy
3. Upset
4. Invited
5. Confident

- A. Feeling sad or worried
- B. Asked someone to join
- C. Feeling sure of yourself

D. Feeling alone

E. Not comfortable talking to others

### **Comprehension Questions (Easy)**

1. Why did Tina feel lonely at her new school?
2. What happened when Tina tried to join a group project?
3. What advice did Tina's sister give her?
4. What small step did Tina take the next day?
5. What did Tina learn about resilience?

### **Simple Writing Task (Beginner Level)**

Write 3–5 sentences about a time when you tried again after something was difficult.

You may use these guiding questions:

- What was the problem
- How did you feel
- What did you do
- What did you learn

### **Answer Key**

Vocabulary

1–D

2–E

3–A

4–B

5-C

Comprehension Questions (Sample Answers)

1. She felt lonely because she did not know anyone at her new school.
2. The other students already had their own teams, so she could not join.
3. Her sister told her to try again the next day.
4. She smiled at a girl and said hello.
5. She learned that resilience grows when we take small steps forward.

Writing Task

(Answers will vary. Accept any simple, clear sentences.)

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