

Resilience: Information Session for Parents and Carers

Wednesday 22nd February 2017

Ely St. John's Primary School

What is resilience?

Definition: The capacity to recover quickly from difficulties; toughness.

We also talk about being able to 'bounce back' when we face challenges.

Why is it important?

Resilience makes a big difference in people's lives. People who respond to hardships with resilience are more likely to be:

- healthier and live longer
- happier in their relationships
- more successful in school and work
- less likely to suffer from depression

How to boost resilience:

Resilience is underpinned by Four C's:

- Confidence (self-belief)
- Control (knowing how to succeed)
- Composure (low-anxiety and self-regulation)
- Commitment (persistence)

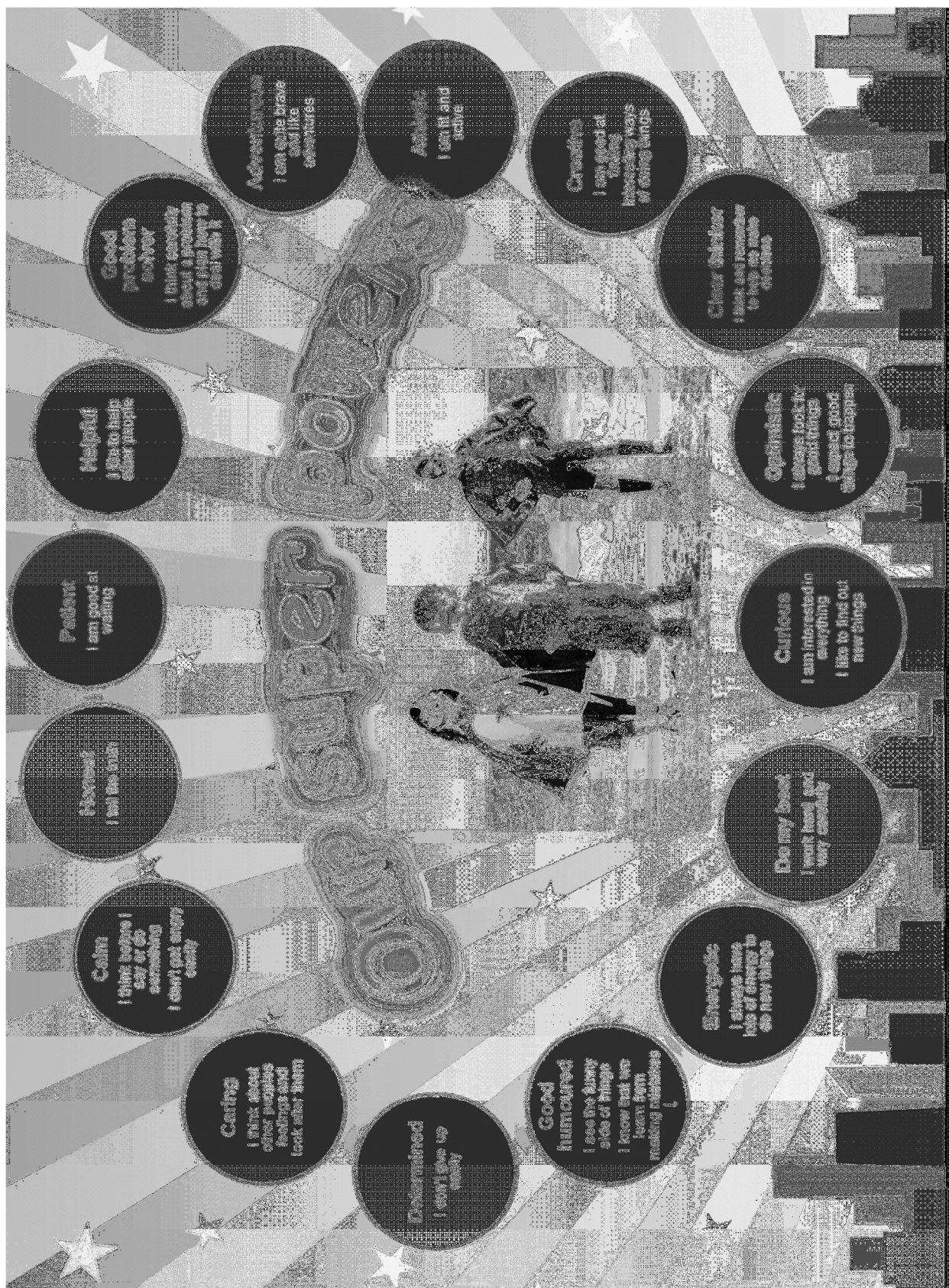
Each of these can be boosted by such things as: breaking work into components so children experience small successes along the way; challenging automatic negative thinking; showing how hard work and strategy impacts on achievement; providing feedback that makes it clear how children can improve; rewards given directly contingent on what children do; encouraging children to set goals and work towards these; reviewing progress; developing strategies to overcome difficulties; anxiety/worry reduction strategies; identifying impulsive responses and trying alternatives; fostering a sense of belonging and community.

Assembly themes this term:

1. What is resilience?
2. Change your mind set: recognising unhelpful negative thoughts and replacing them with positive, encouraging thoughts.
3. Identifying personal strengths and talents: Powers Boards
4. Impulsive responses and coping strategies: The Coping Cup
5. Asking for help from others.

Children are more resilient when...

- they have a close, loving and consistent relationship with their parent(s)/carer(s)
- they have adult role models who are positive
- they feel it is okay to ask for help
- they have help to develop their self-control skills
- they are encouraged to see the positives and enjoy life's pleasures
- they take responsibility in contributing to family life and participating in community activities.



Adventurous
I am quite brave
and like
adventures

Active
I am fit and
active

Creative
I am good at
finding
interesting ways
of doing things

Clear thinker
I look and remember
to help me make
choices

Optimistic
I always look for
good things
I expect good
things to happen

Curious
I am interested in
everything
I like to find out
new things

Do my best
I work hard and
very carefully

Energetic
I always have
lots of energy to
do new things

Good humoured
I see the funny
side of things
I know that we
learn from
making mistakes

Determined
I won't give up
easily

Caring
I think about
other people's
feelings and
look after them

Calm
I think before I
say or do
something
I don't get angry
easily

Honest
I tell the truth

Patent
I am good at
waiting

Helpful
I like to help
other people

Good problem solver
I think carefully
about a problem
and find ways to
deal with it