**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.

