

The background of the slide features a vibrant orange and yellow sunburst pattern with numerous yellow stars of varying sizes scattered across it. At the bottom, there is a dark grey silhouette of a city skyline with various building shapes.

Resilience

Information Session
for Parents and Carers





**What is resilience and
why is it important?**

Weebles
wobble but
they don't
fall down!

How can the
weebles be
like people
when things
go wrong ?



Some people seem to be better at
bouncing back than others.

Why is that?

Boosting Resilience

- Confidence
- Control
- Composure
- Commitment



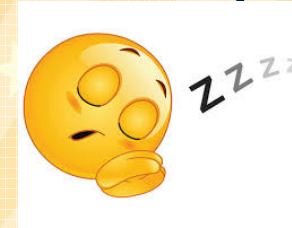
The Inner Chimp – don't listen to him!



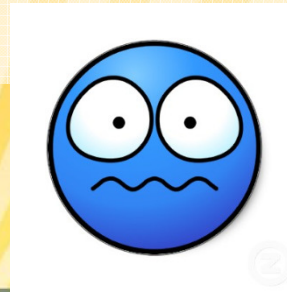


Challenge

Think of a time when you have felt really challenged.



What was your 'Inner Chimp' telling you at this time?



Learning Line

•I know what I am doing

•I feel happy and confident



•Yippee I've got it !!!!
What's next?

•I feel really proud of myself.

•I am practising lots and lots

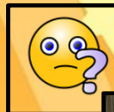
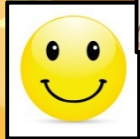
•I don't give up!

•I feel happier

•I am going to be learning something new.
I feel a bit worried

•I am finding it hard but I know other people will help me.

•I feel sad



Real Life Superheroes

We can't fly and we don't have X-ray vision.

Being a real-life superhero is about finding your **strength** and using it to do good,

Strong body

Good thinking

Positive values

(empathy, caring, love).

Superheroes want to do good for others.

- They **think** for themselves
- They have **confidence** in their abilities
- They usually **believe** that they can do anything that they choose to do.
- The voice in their head is telling them... **I can do it!**

Challenge

What **superhero** do you want to be?
What is your Inner Chimp telling you?

- You are not brave enough!
- Don't bother doing your best !
- You don't need to Concentrate !
- I Give up !
- I am too tired !



Challenge

Think about what your superhero self would be saying to you when you are facing a new challenge.

What words would he or she use to encourage you?



Our super powers



Calm

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

Honest

I tell the truth

Patient

I am good at waiting

Helpful

I like to help other people

Good problem solver

I think carefully about a problem and plan how to deal with it

Adventurous

I am quite brave and like adventures

Athletic

I am fit and active

Creative

I am good at finding interesting ways of doing things

Clear thinker

I think and remember to help me make decisions

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 don't give up easily

Caring

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




Coping Cup Activity

On a slip of paper, write down an example of something that makes you feel unhappy or worried, or any one of the negative emotions we've talked about.

Fold up your paper and place it in the cup.

Challenge!

To empty the cup you must think of a positive alternative to the negative ones listed on the slips. For each positive suggestion a negative slip can be discarded.





Challenge

Who are the
other people who
can help us solve
a problem?

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Our Superhero Friends

There are more **Superhero** Friends that we may want to call upon at different times, especially when our problems are very sensitive and tricky to deal with.

Which adults could we ask?

Developing Resilience

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.