



Hindlip First School
Tibberton First School



Resilience

This guidance has been written by our partners at
Perryfields Primary PRU.



Perryfields Primary PRU

Resilience

Definition

Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that children either have or don't have; it's a skill that children develop as they grow.

Resilient children are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

Stress and Resilience

All children encounter stress of varying degrees as they grow.

All children are capable of working through challenges and coping with stress.

Stress can present in different ways for example:

- ✓ Sickness
- ✓ Trauma
- ✓ Moving house
- ✓ Bereavement
- ✓ Exams
- ✓ Bullying
- ✓ Cyberbullying
- ✓ Friendship breakdown
- ✓ Parental split

Despite parents, teachers, caregivers best efforts to ease stress, resilience supports children by giving them the confidence to find their way through difficult, stressful situations.

The more challenges children face in their lives, the more their ability to deal with stressful situations develops.

Children need to experience stressful situations and learn to deal with them without adults jumping in too quickly as this can weaken their resilience.

Supporting Strategies

The 7 C's are the essential tools for Resilience:

Competence: Giving children the message they are doing the right thing, giving them opportunities to develop important skills, makes them feel they are competent. We undermine competence when we don't allow children to recover themselves after a fall.

Confidence: Children need confidence to be able to find their way, think outside the box, and recover from challenges.

Connection: Other people, schools, and communities offer children the security that allows them to stand on their own and develop creative solutions.

Character: Children need a clear sense of right and wrong and a commitment to integrity.

Contribution: Children who contribute to the well-being of others will feel that contributing is good, and in turn supports them to easily turn to others, and do so without shame.

Coping: Giving children a variety of healthy coping strategies will make them less likely to turn to alternative quick fixes when stressed.

Control: Children understanding that privileges and respect are earned through responsibility, this will teach them to make wise choices and feel a sense of control.



Classroom Strategies

- ✓ **Remind children that it's okay for them to ask for support. Draw round their hand to create a 'Network of Support', ask them to write the names of people they consider to be someone who they trust and can go to when they need support. Encourage children to think of school adults as well as at home.**

- ✓ **Talk to children about when they might need support, such as when something bad happens, when they're going through a difficult time, or when they need to talk to someone about how they're feeling.**

- ✓ **Highly anxious children who have a fear of failure have poor resilience as they often think of pass or fail. These children will often avoid risk taking. By referring to and embracing children's mistakes, including talking about your own mistakes, helps to promote a growth mind set giving children the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.**

- ✓ **Explain to children that they will come across a variety of difficult situations in life. Turn this into a positive, showing how these difficulties can be useful because they help us grow as a person. Stressful situations give us knowledge and skills that make us better prepared the next time a difficult time challenges us.**

- ✓ **Provide children with opportunities to practise empathy. For example, when reading a book to a group of children about a character who is having a difficult time, ask them how they would feel if they were experiencing the same things as the character.**

- ✓ **Model resilience – the best way to teach resilience is to model it. Optimism and resilience go hand in hand. Try to promote the bright side to every situation.**

- ✓ **Encourage children to problem solve, but also making them aware that help is there if they need.**

- ✓ **Ask questions than rather giving answers, it is easy to fall into the trap of explaining when teaching children to problem solve. They will find the answers themselves through the teacher asking questions.**

- ✓ **Label emotions – during stressful times, emotions flare up. Re-assure children that it is OK to feel sad, envious, angry and these emotions can be shared, discussed but will soon pass.**

- ✓ **Encourage children while undertaking a challenging task, promoting environments that support a child’s sense of belonging, or brainstorming with children about how they can support their friends during a challenging time.**

- ✓ **Use mindfulness, deep breathing activities or other relaxation techniques into everyday routines and activities. Set aside a time each day for this to happen, make it a routine. Spend time outside as often as you can. Exercise is good for everyone it help strengthen the brain and make it more able to deal with stress and adversity.**

- ✓ **Promote Healthy Risk taking – it is important to encourage children to take healthy risks. This can be something that pushes children to go outside their comfort zone, but is safe and results in very little harm should it be unsuccessful. E.g trying a new sport, taking part in the school production, having conversations with peers outside their friendship group.**

- ✓ **When children avoid taking risks they internalise messages that they aren't strong enough to handle changes and challenges.**
- ✓ **Relax Kids is an excellent program to support relaxation, self-affirmation and introduce children to self-massage.**

Resilience helps children find their way through the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.