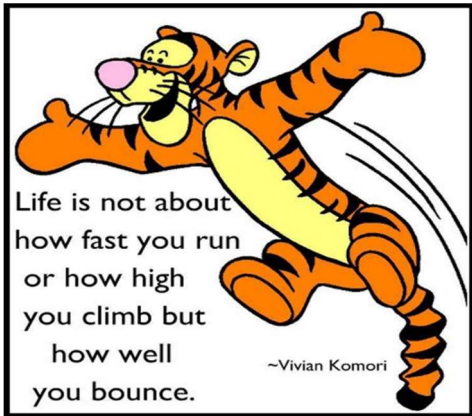




Promoting Resilience



Resilience is...

- 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.



Why is Resilience important?

- All children encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect children from obstacles. Children get sick, move house, encounter bullies and cyberbullies, take tests, cope with grief, lose friends, and deal with divorce, to name a few. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to children.
- Resilience helps children navigate these stressful situations. When children have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

- <https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-resilience?collection=lifebabble-guide-to-feeling-good>
- <https://www.bbc.co.uk/cbbc/quizzes/how-resilient-are-you?collection=lifebabble-guide-to-feeling-good>



5 ways to well-being



Connecting...

- Spending time with friends and family is felt by many children to be fundamental to making life good for them.
- Children's friendships are vital. It is important that they are encouraged to see and talk to them face to face as opposed to on the phone or via computer media.
- Being the trusted adult in school has also been proven as a key supportive factor in many children's lives.



Family matters too!

"I think it's important to tell your parents stuff as well as your friends...like if it were anything really serious. Like with school, if anything were to happen like bullying or anything then I'd talk to my parents and they could help."

- ❑ Those children who never or hardly ever talk to their family about things that matter to them, are more likely to experience days of low well-being.

The Children's Society 2014



Being Active...

- ❑ Children benefit from a range of opportunities to be active, both in and outdoors. These can include walking, running, skipping or swimming.
- ❑ Group sports are also good for enhancing self-confidence and cooperation and can help support the development of new friendships outside of the classroom.

"When I play football I get happier, either playing on the football team or playing with my mates"

Ryan, aged 12



Taking Notice...

- ❑ Children who notice and enjoy their surroundings most days or every day are much less likely to report low well-being days.
- ❑ The ability to live in the moment is also an important factor in their well-being e.g. Mindfulness.
- ❑ Encouraging them to pay attention to their feelings and show how to process their emotions in a positive way is one of the most valuable things to do.



Keeping Learning...

- ❑ Learning outside of the classroom is just as important to children as learning in school.
- ❑ Encouraging new experiences, developing new skills additional to academic ones can keep learning avenues open i.e. through developing cooking, carpentry, model making, sewing or photography skills.
- ❑ *"Well you learn everyday even if you don't go to school cos there are so many things around you and you don't actually know what everything is...so you actually learn something all the time, just by seeing things"*

Simon, aged 11



Giving...

- ❑ Children who experience helping someone else are more likely to experience higher well-being.
- ❑ Those that are able to talk positively and freely about the many things they do to help someone else are less likely to experience low well-being days.
- ❑ For many children, giving is achieved through everyday acts of kindness, such as holding the door open for people or helping a younger sibling with their coat.



Action for Happiness

1. Giving – Do things for others
2. Relating – Connect with people
3. Exercising – Take care of your body
4. Appreciating – Notice the world around
5. Trying Out – Keep learning new things
6. Direction – Have goals to look forward to
7. Resilience – Find ways to bounce back
8. Emotion – Take a positive approach
9. Acceptance – Be comfortable with who you are
10. Meaning – Be part of something bigger

www.actionforhappiness.org



We can do something to help!

- ❑ Resilience is the ability to adapt to change and overcome adversity, using flexible and accurate thinking.
- ❑ **Optimism:** the belief that elements of our lives can be changed through our efforts.
- ❑ **Pessimism:** the belief that little or nothing in our lives can be changed, no matter what we do.



Tips for promoting Resilience

1. Encourage them to make connections with others
2. Help them to help others
3. Take a break, support them to learn how to relax and feel calm
4. Teach specific independent and self-care skills
5. Move towards goals – encourage them to aspire and have dreams
6. Nurture positive self-view, help them manage emotions, model positive coping strategies
7. Be hopeful and positive, portraying the belief that "things can get better"
8. Let young people make mistakes and build self-discovery
9. Encourage the acceptance of change being a part of living
10. Avoid eliminating all risk – it is not about reducing the adversity, but more about encouraging the coping strategies and protective environment to enable them to cope.
11. Teach problem-solving and self-reflection skills

❑ <https://www.youtube.com/watch?v=1FDyiUEn8Vw>