

promoting resilience

in the health promoting school

Resilience describes a person's capacity to cope with changes and challenges and to bounce back during difficult times

A person who is resilient is likely to

- recognise and manage their own feelings and understand the feelings of others
- have a sense of independence and self-worth
- form and maintain positive, mutually respectful relationships with others
- be able to solve problems and make informed decisions
- have a sense of purpose and goals for the future

A caring and supportive school environment can promote a sense of connection and belonging and help children, young people and staff become more resilient and confident to learn



Encourage the development of a positive attitude, self-belief and communication

- Provide positive feedback, encouragement and reassurance
- Help pupils learn to understand and express their feelings
- Communicate openly with all pupils



Increase support networks for pupils

- Someone to talk to
- One-to-one support
- Peer support/buddying/befriending
- Foster a culture of listening



Encourage the building of trusting and co-operative relationships between pupils and adults

- Foster mutual respect between everyone in school
- Recognise outside pressures/influences on pupils
- Activity days/residential trips



Increase pupils' engagement with learning

- Flexible use of teaching methods and styles
- Opportunities for performance
- Provide additional support for learning
- Formative assessment to plan learning experiences



Foster a positive and inclusive ethos

- Build a sense of belonging in school and class
- Involve pupils in decision making
- Celebrate diversity within the school community



Activities outwith the classroom

- Lunch time/after school clubs
- Development of safe social areas in school grounds
- Participation in eco schools/health promoting schools groups



Encourage a sense of fun

- Make time to have fun in class
- Opportunities for games, laughter, jokes and relaxation
- School dance/pantomime/carnival/fundraising



Develop life skills

- Practical/project work
- Pupil involvement/responsibility for running tuck shop, looking after visitors etc
- Work experience/voluntary work
- Opportunities to think and act in enterprising ways
- Build literacy and numeracy skills

for resources and further information



www.healthpromotingschools.co.uk

Teaching Kids Resilience A Guide For Parents And Teachers

Karin Nielsen-Saines



Teaching Kids Resilience A Guide For Parents And Teachers:

Reviewing **Teaching Kids Resilience A Guide For Parents And Teachers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Teaching Kids Resilience A Guide For Parents And Teachers**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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