



Great Wood Primary School



Resilience



How can I support my
child in building
resilience and
promoting **positive**
mental wellbeing?

What is Resilience?

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

Why is Resilience important?

Resilient children are more likely to take healthy risks because they do not fear falling short of expectations. They are brave, curious and trusting in their instincts. This helps them to push themselves, step outside of their comfort zone and to problem solve independently.

Stress and resilience

All children encounter problems and stress as they grow. Despite our best efforts, parents are not always able to protect children from obstacles. Children get ill, move house, move school, lose friends, deal with parental separation and bereavement, to name a few.

Resilience helps children navigate these stressful situations. When children have the skills and 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 embed the message that they are strong and capable.

How can you help your child to be more resilient?

Parents can.... **Model Resilience**

Teach children
to solve
problems
independently

Promote healthy risk
taking.

Push them a little
out of their comfort
zone.

Build a strong emotional
connection.

Positive connections
allow adults to model coping
and problem-solving skills
to children.

Resist the urge to fix it and ask
questions instead

By bouncing the problem back
to the child with questions, the
parent helps the child to think
through the issue and come up
with solutions.

Teach Problem Solving
skills

Demonstrate
coping skills

Label emotions

It can help them to make sense
of what they are experiencing.
It is ok to be feeling anxious,
sad, jealous and reassure that

Promote the bright side
If you have a mini pessimist on
your hands, acknowledge the
feelings that lead to
pessimistic thinking and teach
your child to reframe their
thoughts to be positive

Embrace mistakes

Theirs and yours

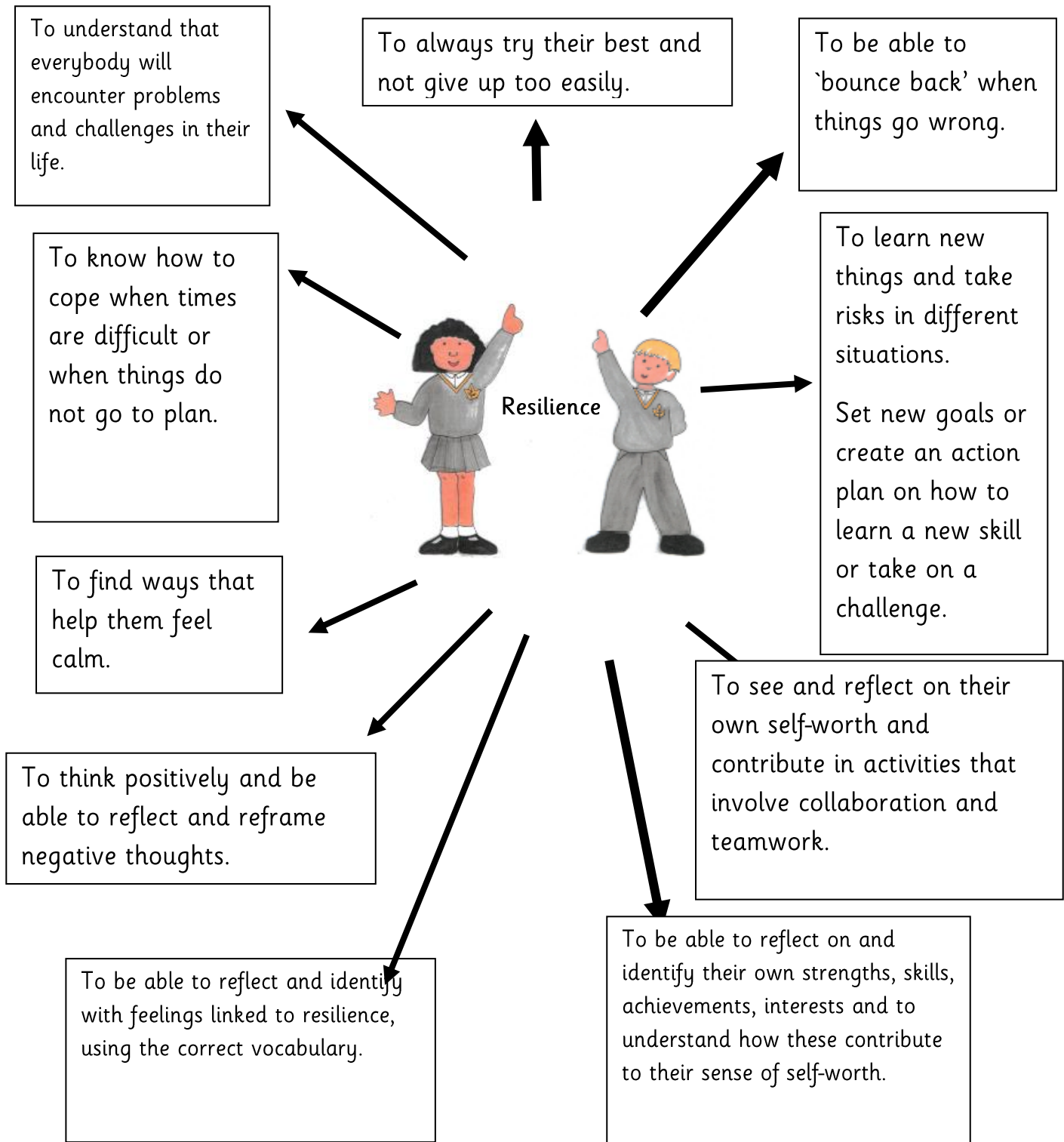
Promoting and teaching independence...

How can I teach my child to be independent at school?

- Your child will really benefit from being as independent as possible when they start school. Of course, teaching staff will always be on hand to help, but children feel a real sense of achievement when they can accomplish things by themselves. They'll learn to be able to dress and undress independently for PE lessons.
- Children from Reception will have access to an outdoor space throughout the day. It will help your child to be able to put their coat on and zip it up independently.
- It's also a good idea for your child to learn how to put on a pair of shoes or take off their jumper when they get hot. It also means that they can get straight to their playing and learning without having to stop and ask an adult for help.
- Another important part of being independent at school is being able to use the toilet properly, including washing and drying their hands. It will also be helpful if they are able to blow their nose on a tissue and put it in the bin.
- Packed lunches - It would be useful to practise opening the packets and containers of food or peeling their own fruit.
- Your child will also really benefit from having experienced being away from you for short periods of time, such as going to a friend's house to play. This will really develop their confidence and independence.
- Being able to interact appropriately with other children and share toys, crayons, for example, is a key skill that will help your child when they start school. Playdates with other children will help to promote these skills. You could arrange these with future classmates if possible.

Building Resilience and Mental Wellbeing Week October 3rd 2022

What Makes a Resilient Child?



At Great Wood, we have a 'Building Personal Resilience and Mental Wellbeing' themed week annually.

Children will learn about different aspects of how to show resilience, find ways to bounce back from difficult situations, stay calm and know how to look after their mental wellbeing.

We aim for all children to be able to be confident, resilient learners and to develop the skills to be a positive and happy child.

The table below outlines the key learning for each year group. Each year group has a different focus and will use quality books to explore different aspects of resilience and self-care.

Year group	Key Learning
EYFS	To understand how to bounce back and show resilience when things go wrong.
Year 1	To identify and reflect on their own strengths, skills and achievements, and be able to understand how these contribute to their feeling of self-worth.
Year 2	To learn new things and take 'safe' risks in different situations.
Year 3	To think positively and be able to reframe negative thoughts.
Year 4	To explore how comparing to others can have a negative impact on their own mental wellbeing. To understand how to make a difference.
Year 5	To know how to look after ourselves so that we are able to function well and show resilience. To make healthy choices and know the importance of self-care.

Year 6	To understand and be able to communicate the 'Five Ways to Wellbeing.'
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EYFS

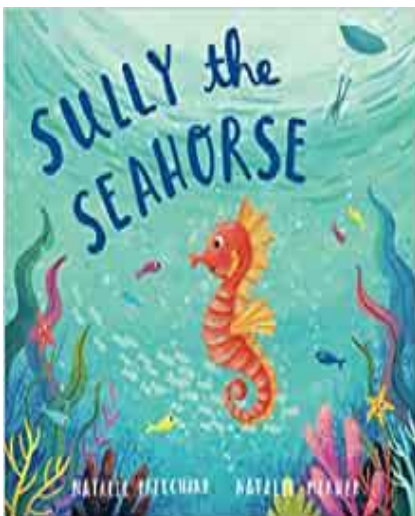
In Reception, children listen to 'Resilience' by Jayneen Saunders. The story is about a little girl who, like all children, encounters everyday challenges such as learning to talk, walk and ride a bike.

The key message is that the children understand that not everything in life is easy and sometimes they will find things difficult. The idea is that the children know how to bounce back and try again.

In Reception, children will be talking about times when they have been brave.



Year 1



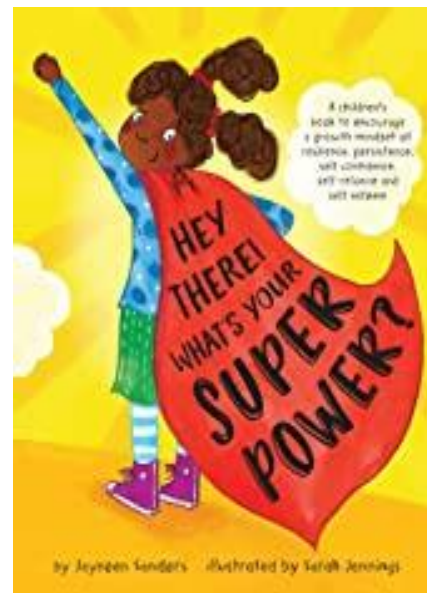
In Year one the children read 'Sully the Seahorse' by Natalie Pritchard. The story follows the life of a Seahorse that does not recognise the skills he has, until he reveals a wonderful talent. The main message for the children is that they should recognise their own strengths, talents or skills and feel proud for who they are.

The children will also further explore what resilience means and how to 'bounce back' from difficult situations.

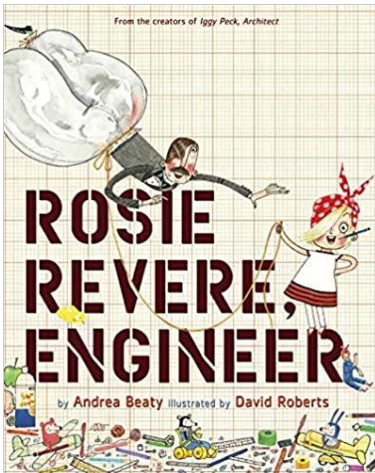
Year 2

Year Two children read 'Hey there, what's your superpower?' by Jayneen Saunders. This book is about children trying new things and being confident to take risks. They will talk about the process of learning something new and understand that it can be difficult to develop a new skill.

In Year Two, the children will develop strategies for coping with problems and talking about ways to keep calm.



Year 3



Year Three children read 'Rosie Revere Engineer,' by Andrea Beaty. The story follows a young engineer and inventor who finds it hard to cope when her creations do not work.

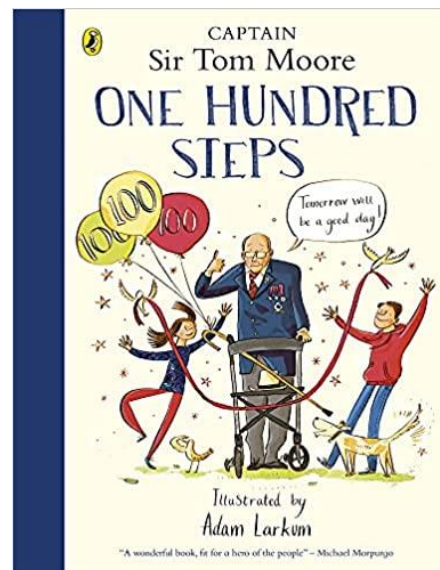
This is a story of true perseverance and resilience.

In Year Three, the children also learn how to reframe negative thoughts and to think more positively. This is a vital skill to boost confidence and self-esteem.

Year 4

Year 4 children read, 'One Hundred Steps,' illustrated by Adam Larkum. This book retells the events of Sir Tom Moore's life and outlines the many ways he had to show resilience.

The children in Year Four will also learn about how you can 'make a difference' by giving to charities.



Children will also celebrate their own skills and talents and learn how they should not compare themselves with others. We are all unique!

Year 5

In Year Five the children will discuss what it means to function well and be your own best friend.

They will talk about how healthy food choices, the amount of sleep they have and exercise can all help them to function well. The main message is that to be strong, confident and resilient you need to look after your body and mind.



Year 6



In Year Six the children will learn about the '**Five Ways of Wellbeing.**'

Within the sessions, the children will explore the ways to promote positive mental wellbeing. They will discuss how making strong connections with other people is vital for their own sense of belonging. Alongside this work, the children will learn the impact that loneliness can have on mental wellbeing.

The children will discuss the benefits of being active, giving to charities or people in need and the importance of learning new things. They will also learn how to really be in the moment and take notice of the wonderful world around them.

Thank you for taking time to read this information booklet. If you have any questions or would like any advice on how to build resilience in your child, please contact:

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