













Building Resilience Overview

A whole school approach

Unit	Theme	Focus	Key Learning
Intro	Be Resilient  BE RESILIENT	River of life analogy Resiliency skills can be learned Resilient Role Models	1. Everyone goes through ups and downs in their life 2. We can learn to be more resilient 3. Resilient people cope better with difficulties
1	Keep Connected  KEEP CONNECTED	Relationships matter Supportive people Group involvement	1. Relationships are important for our health and wellbeing 2. Belonging to a group can be a good way to build friendships 3. Good relationships are a two way thing
2	Respect Yourself  RESPECT YOURSELF	I am...I have...I can Self Care Moral Compass Trust Your Intuition Child Planning prep	1. There is no one quite like me 2. Everyone has different strengths 3. I treat myself with respect

3	Challenge Your Mindset 	Growth Mindset Brain Development I can't do this...yet! Making Choices	1. Who we are and what we are good at is not fixed 2. The way we think, feel or learn shapes our brain 3. I can change through the choices I make
4.	Take a Moment 	Emotional Literacy Positive & Negative Stress Coping Strategies Wellbeing indicators	1. We all experience a range of emotions everyday 2. Sometimes we feel stressed 3. I have ways to help me cope
5.	Talk Things Over 	Bag of Worries Strategies for dealing with worries. Asking for help	1. We experience a range of emotions every day. 2. If worries are not dealt with, they can sometimes get out of control. 3. If you are struggling, it is important to ask for help
6.	Get Active 	Research about impact of activity Play Strengths Risk Taking	1. Being active is not only good for the body but also for the mind 2. I have a range of hobbies and interests that I enjoy doing 3. Doing anything new involves taking a risk

7.	Make a Difference 	<p>Sense of purpose</p> <p>Making a contribution</p> <p>Self-Efficacy</p>	<p>1. Things humans do have an impact on the world.</p> <p>2. Children can contribute to solving problems in the world</p> <p>3. Small things can make a meaningful difference.</p>
8.	Look on the Bright Side 	<p>Big Deal-Little Deal</p> <p>Perspective</p> <p>Gratitude</p> <p>Rumination</p>	<p>1. There are different ways of looking at the same thing.</p> <p>2. The way you think can affect the way you feel.</p> <p>3. Focusing on what you are grateful for can help put things in perspective.</p>
9.	Be Kind to Others 	<p>Be a Bucket Filler (yours and others)</p> <p>Don't be a Bucket Dipper</p> <p>Saying Sorry</p> <p>Forgiveness</p>	<p>1. Kindness makes a difference to ourselves and others</p> <p>2. Being unkind hurts others, and it hurts us too</p> <p>3. It is important to be kind to yourself</p>
10.	Have a Goal 	<p>Famous Failures</p> <p>Importance of learning skills young</p> <p>Flexibility</p>	<p>1. Setting a realistic goal helps to motivate us.</p> <p>2. Sometimes we fail or make mistakes and that's okay!</p> <p>3. Learning to overcome setbacks helps us to cope with future ones</p>
Close	Expect the Unexpected 	<p>Review and reflection on 10 tools and how they support our mental health.</p> <p>How to carry this learning with you no matter what the future holds.</p>	<p>1. Change is a part of life</p> <p>2. It's OK not to be OK</p> <p>3. I have learnt ways to look after my mental health</p>

