

Building Resilience

A whole school approach

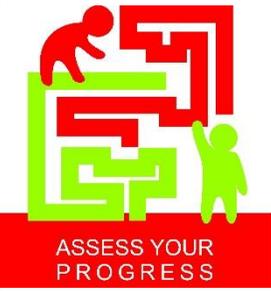
Unit	Theme	Focus	Key Learning	Key Questions	Lead Resources
Intro	<p>Be Resilient</p>  <p>BE RESILIENT</p>	<p>River of life analogy</p> <p>Resiliency skills can be learned</p> <p>Resilient Role Models</p>	<p>1. Everyone goes through ups and downs in their life</p> <p>2. We can learn to be more resilient</p> <p>3. Resilient people cope better with difficulties</p>		<p>Launch:</p> <p>Yusra Mardini (role model clip)</p> <p>'Boundin' (video clip)</p> <p>Reflection:</p> <p>'Oh, the Place You'll Go'</p>
1	<p>Keep Connected</p>  <p>KEEP CONNECTED</p>	<p>Relationships matter</p> <p>Supportive people</p> <p>Group involvement</p>	<p>1. Relationships are important for our health and wellbeing</p> <p>2. Belonging to a group can be a good way to build friendships</p> <p>3. Good relationships are a two way thing</p>	<p>1. Who do you feel supports and encourages you?</p> <p>2. Do you belong to a group at school or in the community and what is the best thing about it?</p> <p>3. Who do you support and encourage?</p>	<p>Launch:</p> <p>The Power of Union is Strength (advert)</p> <p>Reflection:</p> <p>'The Race' (poem)</p> <p>Other:</p> <p>'The Enormous Turnip'</p> <p>'The Boy Who Built a Wall Around Him'</p> <p>'The Cloud'</p> <p>'Two'</p>

2	<p>Respect Yourself</p> 	<p>I am...I have...I can</p> <p>Self Care</p> <p>Moral Compass</p> <p>Trust Your Intuition</p> <p>Child Planning prep</p>	<ol style="list-style-type: none"> 1. There is no one quite like me 2. Everyone has different strengths 3. I treat myself with respect 	<ol style="list-style-type: none"> 1. Can you take a compliment? 2. What do you think are your strengths and personal qualities? 3. When did you last have a drink of water, something to eat and a good night's sleep? Or How do you look after yourself? 	<p>Launch: 'Zero'</p> <p>Reflection: 'Only One You' 'Invisible Sam' (task)</p> <p>Others:</p>
3	<p>Challenge Your Mindset</p> 	<p>Growth Mindset</p> <p>Brain Development</p> <p>I can't do this...yet!</p> <p>Making Choices</p>	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Can you think of something you were not very good at in the beginning but have got better through effort and practice? 2. Have you challenged your brain recently? 3. Do you take time to consider you options? 	<p>Launch: 'Growth Mindset' Videos from Class Dojo</p> <p>Reflection: 'Dot'</p> <p>Others: 'I can't do this' 'Fantastic Elastic Brain'</p>

<p>4.</p>	<p>Take a Moment</p> 	<p>Emotional Literacy</p> <p>Positive & Negative Stress</p> <p>Coping Strategies</p> <p>Wellbeing indicators</p>	<ol style="list-style-type: none"> 1. We all experience a range of emotions everyday 2. Sometimes we feel stressed 3. I have ways to help me cope 	<ol style="list-style-type: none"> 1. Can you think of a moment when you felt lots of different emotions at the same time? 2. Can you think of a time when you felt stressed before something and then proud/happy when you completed it? 3. What things help you to cope? 	<p>Launch: BBC Stress Video</p> <p>Reflection: Calming Techniques 'Cora's dragon'</p> <p>Others: 'My Many Coloured Days'</p>
<p>5.</p>	<p>Talk Things Over</p> 	<p>Bag of Worries</p> <p>Strategies for dealing with worries.</p> <p>Asking for help</p>	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. What do you worry about? 2. What is one thing that helps you deal with worries? 3. How do you feel about asking for help? 	<p>Launch: 'My Huge Bag of Worries'</p> <p>Reflection: 'Worry Writing' (poem)</p> <p>Others: 'Morris and the Bundle of Worries' 'What do you do with a Problem'</p>

6.	<p>Get Active</p>  <p>GET ACTIVE</p>	<p>Research about impact of activity Play Strengths Risk Taking</p>	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Do you do any physical activity – where and how often? 2. What do you enjoy doing to relax and have fun? 3. When was the last time you tried something new? 	<p>Launch: Matt Coutts '30 day challenge'</p> <p>Reflection: 'Rosie Revere, engineer'</p> <p>Others: Giraffe Can't dance</p>
7.	<p>Make a Difference</p>  <p>MAKE A DIFFERENCE</p>	<p>Sense of purpose Making a contribution Self-Efficacy</p>	<ol style="list-style-type: none"> 1. Things humans do have an impact on the world. 2. Children can contribute to solving problems in the world 3. Small things can make a meaningful difference. 	<ol style="list-style-type: none"> 1. What changes would you like to make in the world e.g. environment, nature, people, animals, society? 2. Can you think of a child who has had an impact on the world? 3. Can you give an example of how have you helped make a difference to someone or something? (e.g. volunteering) 	<p>Launch: What can You do with an idea? Kid President - Make a Difference</p> <p>Reflection: What if everyone did that... +ve and -ve It only takes a minute (poem)</p> <p>Others: Ordinary Mary</p>

<p>8.</p>	<p>Look on the Bright Side</p> 	<p>Big Deal-Little Deal Perspective Gratitude Rumination</p>	<ol style="list-style-type: none"> 1. There are different ways of looking at the same thing. 2. The way you think can affect the way you feel. 3. Focusing on what you are grateful for can help put things in perspective. 	<ol style="list-style-type: none"> 1. Can you think of a time you had a different perspective to someone else? 2. Are you aware that what you say to yourself can be helpful or unhelpful? 3. What are you grateful for? 	<p>Launch: An awesome book of thanks</p> <p>Reflection: Tiger, Tiger – is it true?'</p>
<p>9.</p>	<p>Be Kind to Others</p> 	<p>Be a Bucket Filler (yours and others) Don't be a Bucket Dipper Saying Sorry Forgiveness</p>	<ol style="list-style-type: none"> 1. Kindness makes a difference to ourselves and others 2. Being unkind hurts others, and it hurts us too 3. It is important to be kind to yourself 	<ol style="list-style-type: none"> 1. When was the last time you were kind to someone else? 2. Is there someone you need to make amends with? 3. Do you treat yourself as you would a good friend? 	<p>Launch: How to be a bucket filler?</p> <p>Reflection: Kindness Boomerang video</p> <p>Others: 'One' 'One Invisible Boy' 'Something else' (P7 song)?</p>

10.	<p>Have a Goal</p> 	<p>Famous Failures</p> <p>Importance of learning skills young</p> <p>Flexibility</p>	<ol style="list-style-type: none"> 1. Setting a realistic goal helps to motivate us. 2. Sometimes we fail or make mistakes and that's okay! 3. Learning to overcome setbacks helps us to cope with future ones 	<ol style="list-style-type: none"> 1. Do you have a manageable goal you are working towards? 2. Can you think of a time you faced a failure or mistake and what you did to overcome this? 3. How does dealing well with a setback improve your confidence to cope with challenges in the future? 	<p>Launch: 'The Most Magnificent Thing'</p> <p>Reflection: 'The story of £10 note'</p> <p>Others: 'Beautiful Oops' 'Girl Who never made mistakes' 'Mistakes that work' 'Struggle is good!'</p>
Close	<p>Assess Your Progress</p> 	<p>10 tools to swim the river of life</p> <p>Which tools do you have?</p> <p>What is your next step</p>	<p>Sometimes when we feel down we stop doing the things that help us but it is actually in doing these 10 things that will help us to feel better.</p>		<p>Evaluation Tool</p>