



Building Resilience

An Introduction to Building Resilience

Low Port Primary School has just launched Building Resilience this term. Building Resilience is a programme delivered across the whole school through assemblies, class work and family work at home.

Building Resilience aims to take children on a personal journey to look at what influences their mental health and emotional wellbeing, through the mix of teaching, reflection, multimedia and interactive activities. It has gathered together current best practice to bring a new set of materials which reflect the advances in research and developments in this area.

Learning through health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Building Resilience provides a focus for the whole school community, promoting partnerships with families and the wider school community.

It aims to help children to function well, both at school and in life. It provides practical strategies to help them cope with the ups and downs of their everyday lives and tools they can use when they experience difficulties, frustrations and challenging times. Use of the Building Resilience materials will provide children with skills for life.



Building Resilience is made up of twelve units which are delivered over a three year period. The ten main units focus on each of ten things that support the development of resilience.

Building Resilience: A 3 Year Programme

	Year 1	Year 2	Year 3
Block 1 August-October	Be Resilient	Take a Moment	Look on the Bright Side
Block 2 October-December	Keep Connected	Talk Things Over	Be Kind to Others
Block 3 January-March	Respect Yourself	Get Active	Have a Goal
Block 4 April-June	Challenge your Mindset	Make a Difference	Assess your progress

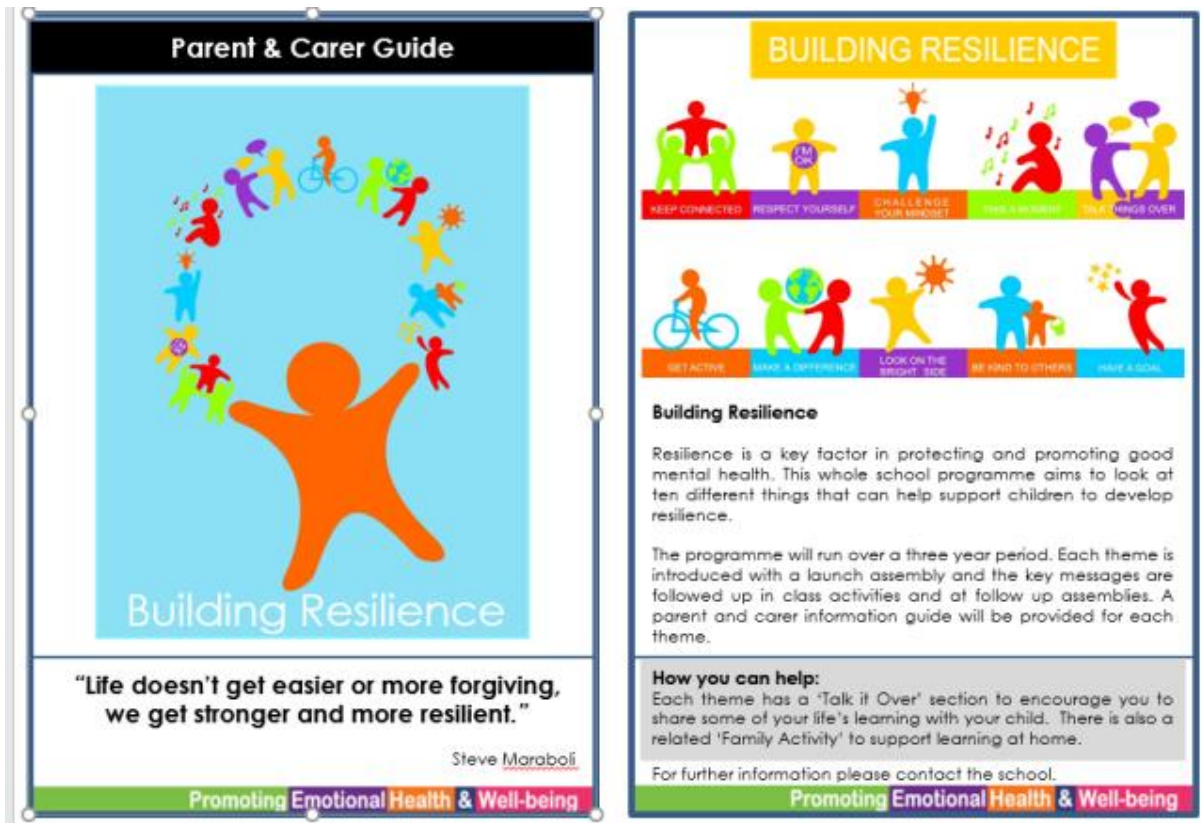
The format of the programme is as follows:-

Assemblies:-

- Launch Assembly
Each unit is introduced to pupils at a launch assembly. A slide show presentation explores the three key learning messages and offers strategies and tips on ways the children can use the tool to expand their resilience toolkit.
- Reflection Assembly
The reflection assembly follows the launch assembly, usually a week later. The purpose of the reflective assembly is to encourage the children to reflect on the key messages introduced at the launch assembly. There is a reflective question matched to each key message. A story, poem or suitable learning activity is used to illustrate a key learning point. During the assembly, the children will be encouraged to make a personal action plan based on the reflection activities to support their development in this area.
- Sharing Assembly
The final of the trio of assemblies is the sharing assembly.

Parent & Carer Leaflet:-

A parent and carer leaflet is sent home on the same day as the launch assembly to ensure key messages are shared both in school and at home. The leaflet provides parent and carers with an overview of the key messages from the launch assembly. Within the information, there is a **Talk it Over** section which provides a suggested topic for parents to share with their child. Importantly the leaflet also contains a **Family Activity** to allow learning to be shared and extended at home. The **Family Activity** will be introduced at the launch assembly and it will form some of the learning that can be included in the sharing assembly.



Class Work:-

Between the assemblies, individual and group work is carried on in class to support the learning of the Resilience targets.

