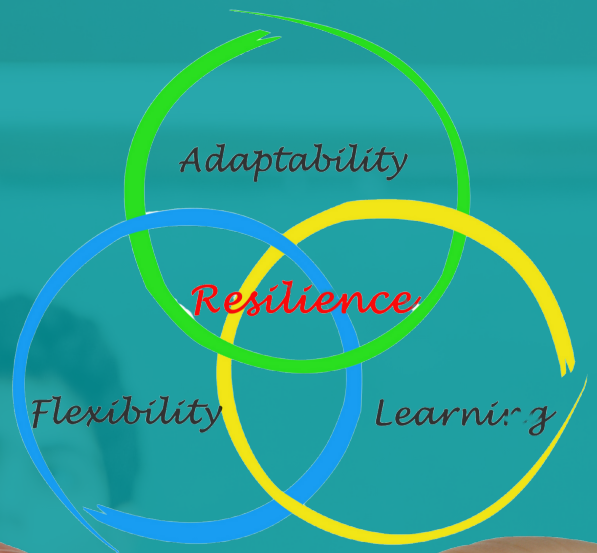


# HOW PRIMARY SCHOOLS CAN DEVELOP CHILDREN'S RESILIENCE



## What is Resilience?

Resilience is the ability of an individual, family, community or environmental system which help return a person, such as a child, to normal behaviour and function after experiencing stress

## Why are primary school important to children's mental health?

Primary school's are ideal environments to address the well-being needs of pupils which can have a positive effect on their mental health

- Primary school's are an excellent resource to facilitate the resilience process and create a foundation for healthy development in the presence of risk.
- Risk can be several factors including bullying, social anxiety and family problems.
- 8% and 18% of children experience anxiety and stress.
- The most common mental health problems in children are anxiety, mood and behavioral problems, and attention deficit disorder (ADHD).
- Children mental health and well-being needs are seen as the ability to self-control, have pride in accomplishments, have a positive self-image, express feelings, show affection to familiar people, be aware of other peoples feelings, paying attention in school and having the ability to express feelings with words.
- Primary school can aide a child mental health and well-being thus increasing pupils self-confidence and creating a positive school experience.

*Mental Health*



## Why is it important that primary school's promote mental health and develop resilience?

Mental health promotions in primary schools enhances a child's well being but also improves the school environment and the well-being of the teacher

- These interventions play an important role where there is no easy access to home-based or community intervention programs.
- Children must attend school; therefore it is an important resource in developing their mental health and building resilience.
- The development of resilience is found to support self-determination, academic achievements, good friendship's, behavioral self-control and enhances teacher and child relationship's.
- This development often results in children having caring and genuine relationships between friends, teachers and parents .
- When primary schools use universal mental health promotion programs they end up making the environment a much happier, friendlier and supportive setting





# Why primary school's should use universal Social Emotional Learning (SEL) programs



Diagram 1



- **Diagram 1 highlights the core protective and competency development skills of SEL.**
- **Internationally SEL Programs have been proven to assist in children's positive school experience leading to a reduction in mental health issues, emotional and conduct problems**
- **SEL programs also help a child develop peer relationships, social engagements, positive classroom behaviour and social competencies.**
- **SEL programs are also aide pupils motivation helping in learning and social situations.**
- **Educational institutes must give adequate training to teachers. This will enable more positive result and deliver tailor made SEL programs to facilitate each pupils individual needs.**

## What more can primary schools do to assist children who are faced with adversity to develop resilience?

- **Other programs such as "Mindfulness training" aim to deliver a healthy nurturing based therapy to aid children's mental health and resilience.**
- **Primary school mindfulness programs help depression and anxiety symptoms, sleep quality, self-esteem, behaviour and attention.**
- **When primary school's develop a child's emotional confidence, through mental health promotion and SEL programs, it creates a positive social and emotional skill set which promotes better resilience skills when a child is confronted with a stressful situation.**
- **Positive environmental enrichment, through mental health promotion, SEL programs and mindfulness training, strengthen the relationship between school and family environment's. This increases a child's resilience through their teenage years and into adulthood.**

