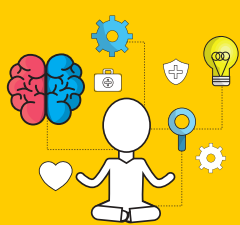


# PROMOTING RESILIENCE IN CHILDREN



## WHAT IS RESILIENCE?

**The ability to cope well with stress.**



Resilience refers to the capacity of individuals to adapt and thrive despite exposure to stress, adversity or trauma. Resilience theory has moved away from focusing on what can go wrong towards an emphasis on learning about the skills and strengths necessary to succeed.

## WHY IS RESILIENCE IMPORTANT?

**Learning coping skills is vital for future wellbeing.**



1 in 3 children will face a mental health challenge by age 13.



78% of primary schools reported children presenting with anxiety.



12% of primary school children have missed 20 school days or more.

## WHAT SKILLS PROMOTE RESILIENCE?

**Multiple protective factors offer a better outcome.**



- The ability to self-regulate.
- Emotional literacy.
- A growth mindset.
- Planning, problem-solving and decision-making skills.
- Positive relationships with others.

## HOW CAN SCHOOLS SUPPORT RESILIENCE?

**Create a safe, calm and inclusive environment.**



- Cultivate a sense of belonging.
- Teach students how to express their emotions.
- Promote positive behaviour management policies.
- Give students a voice.
- Make links with the wider community.



# STRATEGIES FOR THE CLASSROOM



## ONE GOOD ADULT

### Create space for children to talk.

Positive student-teacher relationships have been demonstrated to reduce children's stress, improve self-confidence and increase student motivation. Take time to listen. Create a class postbox or use circle time to check in with students.



## CELEBRATE DIVERSITY

### Children need to know that they belong.

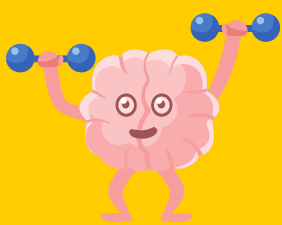
Children who feel lonely or rejected at school more likely to have a negative self-image and less likely to attend school. Ensure that classroom materials are ethnically and culturally diverse. Enable children with additional needs to experience success. Allow everyone time to shine!



## GROWTH MINDSET

### Teach the power of 'yet'.

A growth mindset encourages children to view mistakes as learning. By persevering with tasks they can make their brains stronger. Display positive mindset statements in the classroom. Praise effort and strategy. Make a 'yet' bulletin board for the tasks that students are working on.



## MINDFULNESS

### Take time to breathe.

Mindfulness gives children the tools to find calmness and clarity. Make glitter calming jars and take a mindful moment each day. Before home-time have students think of two things they are grateful for. Remember to look after your own wellbeing. Check out [https://www.pdst.ie/teacher\\_wellbeing](https://www.pdst.ie/teacher_wellbeing) for support.



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