

Improving Children's Resilience

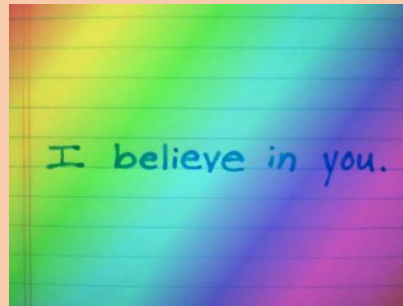


A large part of a teacher's responsibility is to help children grow into self-confident, resilient adults. Below are some suggestions as to how to achieve this aim within the school environment.

1. Motivation

Self belief influences motivation and improves resilience

- Show pupils you believe in them by your words and actions.
- Set moderately challenging tasks so they feel a sense of achievement.
- Set up situations where they can watch their peers overcome challenges and feel inspired.
- Work with pupils on how they view success and failure, to show them that they have a say in their outcomes.
- Challenge yourself to understand the reason behind pupils' bad behavior, in order to empathise with them.



2. Multiple Intelligences

The wide range of intelligences should be acknowledged and celebrated

- Teach pupils that there are many different elements to intelligence eg mathematical, linguistic, musical.
- Acknowledge that each of these intelligences are equally valuable.
- Incorporate elements of these intelligences into your teaching strategies eg:
 - Use rhymes, raps and chants to reach musical pupils
 - Use pictures and images to reach spatial/visual pupils
- Celebrate each pupil's talents and give them an opportunity to excel.



3. Celebrate Diversity

In the modern classroom, the range of diversity needs to be reflected in teaching strategies

- Work on strategies for class integration between ethnicities, genders and different sexual orientations.
- Improve your knowledge in order to communicate and interact with pupils from minority groups.
- Introduce programmes to strengthen identity, be it ethnic identity or sexual identity.
- Use every opportunity to celebrate diversity.



4. Create a strong home-school link

Resilience can be strengthened with strong links between home and school

- Acknowledge the importance of communication between the pupil's home and school life.
- Keep parents/guardians updated with school activities and homework through emails, newsletters and school journals.
- Make timely phonecalls and arrange meetings to aid early intervention should problems arise with pupils' schoolwork or behavior.
- Involve parents/guardians in school life, from helping with assignments, to working with staff on planning and management committees.



5. Useful Websites

<https://www.education.ie/en/Schools-Colleges/Services/National-Educational-Psychological-Service-NEPS-/Resources-for-Promoting-Well-Being-in-Primary-Schools.pdf>
https://www.who.int/maternal_child_adolescent/adolescence/global-standards-for-health-promoting-schools-who-unesco.pdf
<https://www.growingup.ie/pubs/BKMNEXT204.pdf>