

# BUILDING RESILIENCE IN PRIMARY SCHOOL CHILDREN

CHILDREN CANNOT AVOID CHALLENGES AND ADVERSITY AS  
THEY GROW.

HOW CAN WE SUPPORT THEM AND HELP THEM BUILD  
RESILIENCE?



## BUILD RELATIONSHIPS BETWEEN TEACHER & PUPILS

Teachers relate to everyone in  
the class, so one positive  
interaction  
can affect everybody.  
Sometimes a child needs  
just One Good Adult



## PROMOTE A CALM CLASSROOM

A calm classroom is a great  
environment for learning.  
Work with the children to set the  
rules and encourage them to  
regulate their mates.



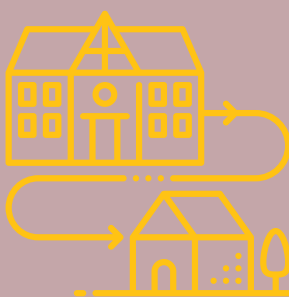
## COMMUNICATE HIGH EXPECTATIONS

Encourage pupils to think of  
themselves as competent  
learners. Tell them:  
"I know you can do it!"



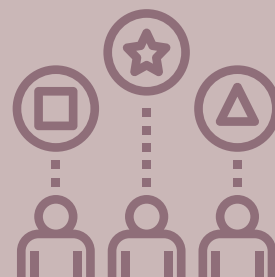
## ENCOURAGE PEER FRIENDSHIPS

Friends working together can  
learn with, and from, each other.  
Learning can be contagious!



## HOME SCHOOL LINKS

Keep the connection open  
between home & school.  
Teachers & families  
who work together will see  
benefits for the child.



## RECOGNISE DIFFERENCES

Different children react  
to the same thing in  
different ways.  
Watch out for  
vulnerabilities.

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