Building Resilience at Kingcase

Unit I:

Parent/Carer Information

This session we are further focusing on the promotion of healthy minds and attitudes with our children. We have chosen to follow a programme written by Educational Psychologists in Edinburgh City called 'Building Resilience'. This programme will be delivered through class lessons and huddles. It is a three-year programme and year I contains 4 Units:

- I Be Resilient
- 2 Keep Connected
- 3 Respect yourself
- 4 Change your Mindset

Each unit will contain:

- -A launch Huddle
- -Classroom Tasks
- -A reflection Huddle, where children can bring their learning to share with the school
- -Home activities. We hope this allows Parents/Carers to see some of the great learning children are engaged in.
- The programme is written using a 'Storyline Approach' where the main character is called Skipper.
- The stories are centred around Skipper's adventures in his boat, along the 'River of Life' with its many twists and turns.

Please look at the insert below. This gives some practical information to help with discussion at home.

'A boat is safe in the harbour, but that's not what boats are for.'

John A Shedd



Be Resilient

Resilience is a key factor in protecting and promoting good mental health. While we can't always predict what life throws at us, the good news is there are a range of different skills, strategies and resources that can help us to cope.

In this unit, pupils will be introduced to a character called Skipper. Skipper is the captain of his boat which travels down the river of life. Like everyone he goes through various ups and downs on his journey.



On his way, Skipper will introduce the children to ten things that help us to navigate the river of life and support the development of resilience. These things include the importance of positive relationships and role models, the development of good social and emotional skills, participating in activities, having hobbies and interests and a sense of meaning and belonging.

In this unit, we will be learning that:

- · Everyone goes through ups and downs in their life
- · We can learn to be more resilient
- Resilient people cope better with difficulties

Talk It Over:

Share with your child an example of when <u>you</u> have gone through a difficult time. How did you feel? Who or what helped you to get through it?

Home Activity:

Create a poster of someone who has come through a difficult time. Label your poster with things that have helped them get through difficult times. Please see the accompanying sheet for specific instructions for P1 to P7.

Key Book: Oh, the Places You'll Go by Dr Seuss