

Building Resilience at Kingcase

Unit 1:

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 1 contains 4 Units:

- 1 – 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.

John A. Shedd



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