

Building Resilience at Kingcase

Unit 2:

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.

Parent and Carer Leaflet



KEEP CONNECTED

**'There is nothing better than a friend,
unless it is a friend with chocolate.'**

Linda Grayson

Promoting Emotional Health & Well-being

Keep Connected

In general, people with caring and positive relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support, and an increase in our feelings of self-worth and our sense of belonging. Having caring and positive relationships is one of the most important factors of our ability to cope with life's ups and downs.

During this unit, the children will be thinking about people who are special to them. They can be people we see regularly or not very often, young or old, family, friends or anyone we come into contact with in our school or our community.



Skipper helps the children to learn how to be more resilient. In this unit Skipper gets his boat stuck in the reeds at night and can't see a way out without some help from his **Back Up Team**. Skipper explains that we need to work at building up a strong Back Up Team of people who we trust to be there for us through the ups and downs.

In this unit, we will be learning that:

- Relationships are important for our health and wellbeing
- Belonging to a group can be a good way to build friendships
- Good relationships are a two-way thing

Talk It Over:

Share with your child the people who are in your Back Up Team.

Home Activity:

Who is in your Back Up Team? Create a **Team Sheet** of the important people in your life. What makes them special to you? You can add drawings/photographs of each person.

Key Book: *The Snail and the Whale* by Julia Donaldson