

Building Resilience at Kingcase

Unit 3:

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



RESPECT YOURSELF

'When you are content to be simply yourself and don't compare or compete, everyone will respect you.'

Lao Tzu, Tao Te Ching

Promoting Emotional Health & Well-being

Respect Yourself

People who respect themselves, like themselves. Nobody's perfect – but learning to accept ourselves warts-and-all, identifying our strengths and looking after ourselves and our bodies increases our enjoyment of life and wellbeing.

Through this unit, we will encourage children to reflect on the uniqueness of being. We may be different to other people in some ways and similar in other ways, but we also have our own special characteristics. Nobody is perfect and if we were all the same it would be a very dull world. Nobody should feel pressure from others to be someone they are not, but it is important to treat ourselves with respect and compassion.



In this unit, Skipper compares himself to others and decides he is not as good as them. Skipper learns that we all have different strengths. He encourages the children to discover their strengths and identify how they can use them more. We can all dwell too much on our flaws or what we are not so good at, but if instead we focus on what we are good at, we can use these attributes to help us in other areas.

In this unit, we will be learning that:

- There is no-one quite like me.
- Everyone has different strengths.
- I treat myself with respect.

Talk It Over:

Tell your child what you like about yourself. Discuss with your child things that they like about themselves and what makes them a unique and special person.

Home Activity:

Encourage your child to create a picture of themselves and fill their picture with all the great things about them, their strengths and their achievements. What makes your child special to you?

Key Book: Zero by Kathryn Otoshi