



Resilience in February



As part of children's mental health and well being week, which takes place in February, we will be having a whole school focus on resilience for the entire month!

What will be happening?

Each day in school your children will be introduced to a different skill/characteristic that plays a part in being resilient. The teachers will introduce this, refer to it through the day, complete short activities and read books which have the key characteristic in.

How will it be recognised?

- Resilience Stickers
- Weekly Resilience Certificates
- Resilience Raffle

Key Stage 2 children will also be doing a survey at the start and end of the month to measure their resilience!

Resilience Raffle

Alongside the stickers the children will be given, raffle tickets can be earned and will be drawn at the end of the month. There will be prizes including books, worry monsters and vouchers. The more resilient your children are the more chance of winning they have!



How can you help at home?

Talking with your children about their strengths, what they find challenging and overcoming challenges can be really powerful. The emotions they feel when they face different challenges are really important to acknowledge and discuss. We will be setting a range of weekend and half term Resilience Challenges for the children as part of our focus on resilience across the month of February. Every challenge completed will earn the children 10 raffle tickets. Please post these challenges on Class Dojo for your class teachers to share and celebrate with the classes.

RESILIENCE STRATEGIES

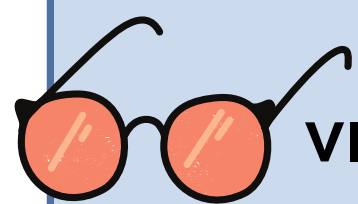
1:1 FRIENDSHIP TIME

- You are not alone
- Accept help



SERVE

- Find a purpose beyond yourself



VISION

- Set realistic goals
- Proactively work towards goals

HEALTHY MIND

- Challenge negative thinking
- Reframe a challenge to an opportunity
- Learn from mistakes
- Be hopeful



HEALTHY BODY

- Eat well, sleep well, exercise

LEAN ON PAST SUCCESS

- Trust your strengths and your ability

