



St Thomas of Canterbury

Catholic Primary School

Where every child is special



Building Resilience in Children and Young People

At St Thomas' we believe we are happier and more resilient when we **Make S=P+A+C+E for ME**. We do this by developing these skills and attributes:



What is Resilience?

Resilience is the ability to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world. The positive news is that resilience is something that can be nurtured and developed.

Assessing Resilience

The 'Resilience Framework' is a useful way of understanding the specific areas which support the development of resilience in children and young people and including: the Basics; Belonging; Learning; Coping and Core Self. For a more detailed explanation of the framework please visit the following websites:

www.boingboing.org.uk

https://youngminds.org.uk/media/1486/interactive_resilience_framework-002.pdf



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Useful Material for Parents

The link below takes you to an article titled 'Building Resilience in Children – 20 Practical, Powerful Strategies' which provides parents with very useful advice on nurturing and developing resilience in children and young people:

<https://www.heysigmund.com/building-resilience-children/>

Further Reading for Parents

- 'The Optimistic Child: A Revolutionary Approach to Raising Resilient Children' by Martin Seligman.
- 'The Little Book of Resilience' by Lucy Lane.
- 'Building Resilience in Children and Teens: Giving Kids Roots and Wings' by Kenneth R. Ginsburg.
- 'Kid Confidence: Help your Child Make Friends, Build Resilience, and Develop Real Self-Esteem' by Eileen-Kennedy-Moore.

Support for Children (available from Amazon & www.littleparachutes.com is excellent for books on a wide range of wellbeing topics for children)

- 'You are Awesome!' by Matthew Syed & Toby Triumph (plus journal).
- 'The Koala Who Could' by Rachel Bright & Jim Field.
- 'The Magic Is Inside You' by Cath Domoney.
- 'Sully the Seahorse' by Natalie Pritchard.

Link to St. Thomas's website workshop information on Mental Health & Wellbeing

<https://www.st-thomas.surrey.sch.uk/learning/parent-learning-workshops/>