

## Building Well-being and Resilience at Shinfield Infant and Nursery School



- Being resilient really helps children to achieve their best and ensures they are ready to cope with the ups and downs that life throws at them, now and in the future.
- Being resilient does not mean that children won't experience difficulty or distress but the most successful individuals are generally very resilient people.
- We are emphasising to the children that while it is good to know things and be correct, anytime that mistakes are made is a real opportunity to learn and move forward.
- Understanding that making mistakes is OK and that we can learn from them is also a big part of becoming more resilient.
- We have been encouraging pupils to take risks with their learning and use any mistakes as learning opportunities.



## The good news is that resilience skills can be learned.

- Help your child treat mistakes and difficulties as things they should expect to happen and as learning opportunities. Support your child to think about what they can do to overcome them.
- Focus on the thinking process or effort your child is showing. Encourage your child to concentrate on the feedback they are getting as a way to improve.
- Talk about the qualities we see in people who are role models - determination, effort, overcoming adversity. When praising your child, praise their effort and how hard they have worked more often than the outcome.
- Encourage your child to try to solve certain issues for themselves. Can they try and solve a friendship issue for themselves? If they are able to face up to a certain problem it will make them feel more confident, independent and ultimately resilient.
- Show that we, as adults, can laugh at ourselves. Do we take ourselves too seriously at times? What message does that send to children?



Follow this link to an excellent 5 minute video clip about emotions and resilience from BBC Scotland Bitesize. After watching it, you might want to share the clip with your child.

<https://www.bbc.co.uk/programmes/p08nfr2f>

# How are you feeling today?

happy anxious sad angry excited calm

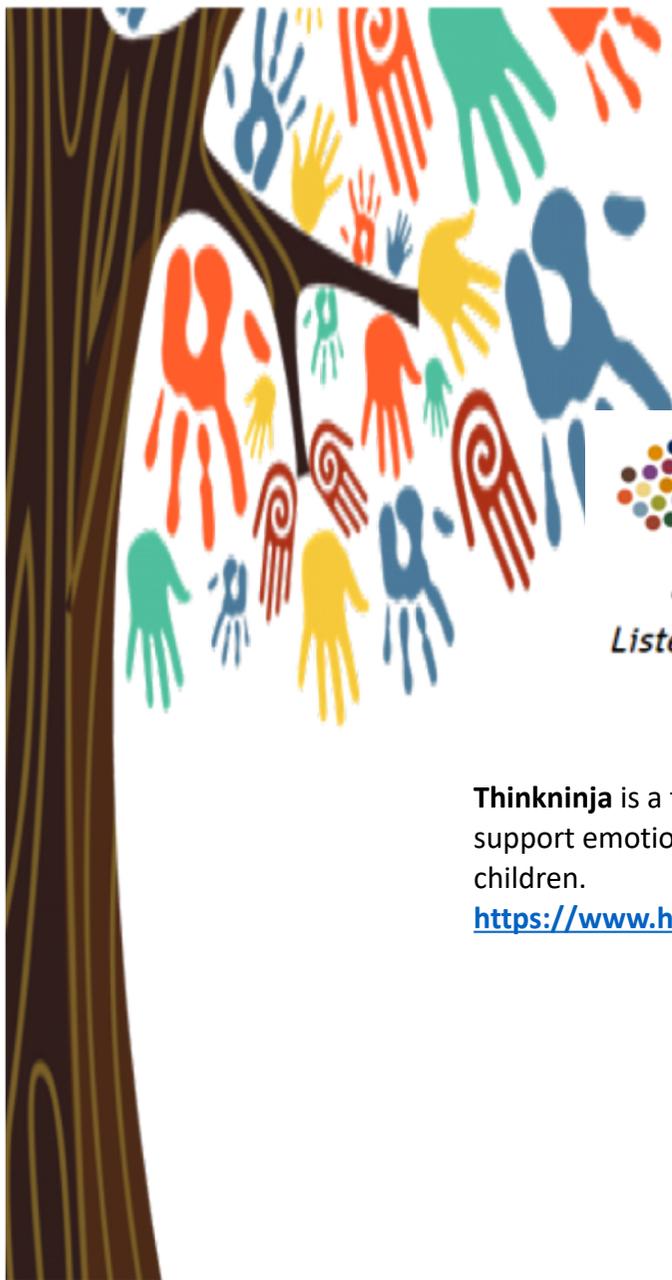
## 6 things you can do to help you feel good

<p><b>Talk to someone you trust about how you're feeling</b></p>	<p><b>Go outside and get some fresh air</b></p>	<p><b>Listen to your favourite music</b></p>
<p><b>Keep active - run around or play games</b></p>	<p><b>Eat lots of healthy food</b></p>	<p><b>Have a good night's sleep</b></p>

**Need someone to talk to?**

<p>Call Childline for free <b>0800 1111</b></p>	<p>24 hours a day 7 days a week</p>	<p>In an emergency, text <b>SHOUT</b> <b>85258</b></p>
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Here are some links to different organisations that can provide ideas, advice and support.



<https://www.mind.org.uk/>

We provide advice and support to empower anyone experiencing a mental health problem.



*Listening, supportive and non-judgemental*

<https://www.familylives.org.uk/>

**Family Lives vision is that** Families should have access to active support and understanding.

**Their mission -** We build better family lives together.

**Thinkninja** is a free app designed to support emotional well-being in older children.

<https://www.healios.org.uk/services/>



<https://www.anxietyuk.org.uk/>

Whether you have anxiety, stress, anxiety-based depression or a phobia that's affecting your daily life, we're here to help you. And we're fully supported by an expert team of medical advisors.

