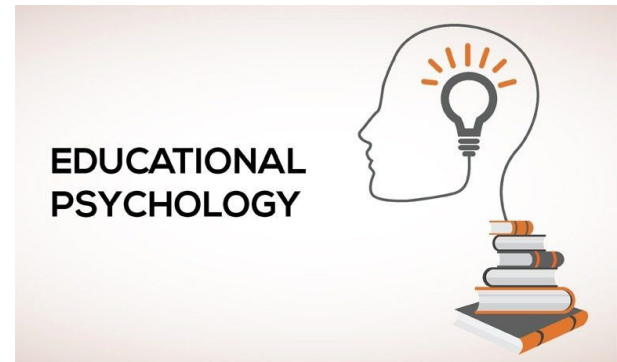


Promoting Children's Resilience

Dr Honor Parker - Educational Psychologist

The Role of the Educational Psychologist (EP)

- Working with staff in schools.
- Working with parents.
- Working with children on an individual or group basis.
- Research.
- Statutory work for the local authority.



What is resilience?



Some definitions:

- “It embodies the idea of a child or adult who is able to cope with life’s ‘slings and arrows’ and to rise above adversity.” (Hill, 1990)
- "The ability to recover from or adjust easily to misfortune or change.” (Healy, 2014)
- “The possibility of developing in a relatively healthy way in spite of many risk factors.” (Masten and O’Dougherty Wright, 1998)

Why is resilience important?

Resilience makes a big difference in people's lives.
People who respond to hardships with resilience are:

- Healthier (physically and mentally).
- Happier in their relationships.
- More successful in school and work.



What promotes resilience in children?



- Biological factors.
- Being physically healthy and getting enough sleep.
- Having positive relationships with their parents/carers and/or other adults.
- Developing problem solving skills, independence and confidence.
- Learning to identify, express and manage emotions.

(<https://healthyfamilies.beyondblue.org.au> / Joseph Rowntree Trust)

What can adults do to support children's resilience?

- Promote a growth mindset
- Mindfulness
- Managing worries



What is a Growth Mindset?

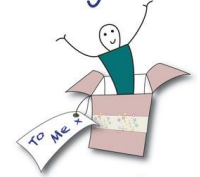
- The belief in your capacity to learn and grow.
- It's a passion for stretching yourself and sticking to it even when (and especially when) it's tricky or not going well.



How can adults promote a growth mindset?

- The power of the word 'yet'.
- Reframing mistakes.
- Praise the process not the outcome.





What is mindfulness?

- Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment.
- It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain’s default mode.
- Mindfulness builds **resilience** by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

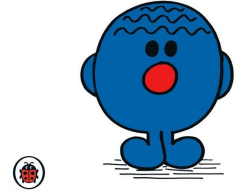
Mindfulness

- Mindfulness apps - 'Sesame Street', 'Dreamy Kid', 'Stop, Breathe and Think Kids'
- Breathing activities - Belly Balloons, Blowing bubbles.



Managing Worries

MR. WORRY
By Roger Hargreaves



- Children tend to feel anxious about different things at different ages. Many of these worries are a normal part of growing up.
- Throughout a child's life there will be other times when they feel anxiety.

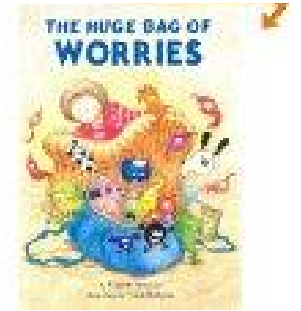
Supporting children to manage worries

- Remind children of their **competencies and skills**. Encouraging children to develop their competencies can build confidence and help fight worries.
- Set up talk time or a worry box (physical and/or mental).
- Using drama or toys act out supporting another who is feeling worried.



Supporting children to manage worries 2

- Use of stories to further explore worries.
- Draw worries, sort them and see them for what they are; worries want us to believe that the most terrible thing is likely to happen, when actually it is very unlikely to happen. Drawing worries can help us to stand up to them.



Time for Questions/ Discussions

Thank you!