

Most of us think of resilience as the ability to bend but not break, **bounce back**, and perhaps even grow in the face of adverse life experiences.

“the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress”

The American Psychological Association (2014)

Resilience refers to the capacity of a dynamic system to adapt successfully to disturbances that threaten the viability, the function, or the development of that system

(Masten 2014)

“Resilience is a process to harness
resources to sustain well-being”

(Panter-Brick & Leckman, 2013)

Resilient children have various strengths or internal assets which, when coupled with environmental or external strengths, can be described as protective factors.

Typically, resilient children are recognised by their high self-esteem, internal locus of control, optimism and clear aspirations, achievement and goal-orientation, reflectiveness and problem-solving capacity, respect for the autonomy of themselves and others, healthy communication patterns, and the capacity to seek out mentoring adult relationships

Schools provide a critical context in shaping children's self-esteem, self-efficacy and sense of control over their lives.

For children in middle childhood (ages 5-12 years), school may in fact play an even more significant role than the family unit, since it exposes children to the powerful influence of teacher support and peer networks.

(Grotberg, 1996)

Factors that promote Resilience

- Positive school experiences
- Developing valued skills in real life situations
- Mastery and self efficacy
- The ability to 'make a difference'
- Non-intervention?
- Opportunities to develop problem-solving a.w.a. emotional coping strategies
- Developing the capacity to re-frame adversities
- Not sheltering children excessively from risk

The Resilience Building School

- Provides welcome and sense of belonging
- Provides a time / place for quiet working/reflection
- Provides support and a listening ear
- Supports achievement in a wide variety of ways
- Gives young people responsibility
- Promotes home school links
- Assists students to develop goals for the future
- Promotes emotional intelligence

Teaching Skills for Resilience

- Self awareness
- Managing feelings
- Relationship skills
- Managing stress
- Personal responsibility
- Empathy
- Communication
- Conflict resolution