

Resilience



resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

We believe that building a child’s resilience empowers them to become problem solvers and sets them up for a life of independence and success.

These are all genuine comments from children at Portway Junior School

My mum didn’t give me my swimming kit!

Nobody told me what the homework was!

I didn’t bring a coat because my dad didn’t put it out for me.



How can you help at home?

- Maintain a daily routine so that they know which steps to take to solve their own problems
- Make them accountable for tasks – start small and build up responsibility
- Teach them self-care – how can they look after themselves
- Nurture a positive self-view – You can do this by yourself
- Discuss how to accept change