



# promoting resilience

in the health promoting school

**Resilience**  
describes a person's  
capacity to cope with  
changes and challenges  
and to bounce back  
during difficult  
times

A person who  
is resilient is likely to

- recognise and manage their own feelings and understand the feelings of others
- have a sense of independence and self-worth
- form and maintain positive, mutually respectful relationships with others
- be able to solve problems and make informed decisions
- have a sense of purpose and goals for the future

A caring and supportive  
school environment can promote  
a sense of connection and belonging  
and help children, young people and  
staff become more resilient  
and confident to learn



#### **Encourage the development of a positive attitude, self-belief and communication**

- Provide positive feedback, encouragement and reassurance
- Help pupils learn to understand and express their feelings
- Communicate openly with all pupils



#### **Increase support networks for pupils**

- Someone to talk to
- One-to-one support
- Peer support/buddying/befriending
- Foster a culture of listening



#### **Encourage the building of trusting and co-operative relationships between pupils and adults**

- Foster mutual respect between everyone in school
- Recognise outside pressures/influences on pupils
- Activity days/residential trips



#### **Increase pupils' engagement with learning**

- Flexible use of teaching methods and styles
- Opportunities for performance
- Provide additional support for learning
- Formative assessment to plan learning experiences



#### **Foster a positive and inclusive ethos**

- Build a sense of belonging in school and class
- Involve pupils in decision making
- Celebrate diversity within the school community



#### **Activities outwith the classroom**

- Lunch time/after school clubs
- Development of safe social areas in school grounds
- Participation in eco schools/health promoting schools groups



#### **Encourage a sense of fun**

- Make time to have fun in class
- Opportunities for games, laughter, jokes and relaxation
- School dance/pantomime/carnival/fundraising



#### **Develop life skills**

- Practical/project work
- Pupil involvement/responsibility for running tuck shop, looking after visitors etc
- Work experience/voluntary work
- Opportunities to think and act in enterprising ways
- Build literacy and numeracy skills

for resources and further information



[www.healthpromotingschools.co.uk](http://www.healthpromotingschools.co.uk)