

# RESILIENCE

## THE SIX R'S

### DEFINITION

Learning how to manage my feelings.

Bouncing back when something happens that makes me feel sad or unhappy.

Being able to cope when I feel anxious or fearful.

Learning from our mistakes and moving on.

Not giving up on task ahead.



### ASSOCIATED

### VALUES

Courage  
Happiness  
Hope  
Love  
Patience  
Tolerance  
Unity



This key school value recognises the three fundamental components of 'emotional resilience':

1. A sense of self esteem, self worth and self confidence
2. A belief in one's own self-efficacy (believing one has the capabilities to execute a course of action – a person's perception of their ability to reach a goal) and the ability to deal with change and adaptation
3. A repertoire of social problem-solving approaches

As a school we acknowledge the link between children's psycho-social adjustment at school, mental health and school progress

Developing resilience in our children will promote our children's emotional wellbeing. As a school we want to develop:

• Child based resilience factors including:

- Developing a positive attitude
- The ability to bounce back
- The capacity to have courage
- The motivation to move forward
- The awareness of knowing themselves
- The capacity to ask for help
- The tenacity to accomplish goals
- The willingness to share feelings
- The ability to connect with others
- Problem solving approaches
- Good communication skills
- The capacity to reflect



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