

# STRATEGIES TO BUILD RESILIENCE

backed by research

Create resilient learners - teach them how!

## Change the narrative



Use 'Expressive Writing' with pupils - 20 mins. continuous writing on an issue/concern they have to gain deeper insight & understanding

- STRATEGY:** Writing task
- How I feel about Maths
  - What happens when I get a low mark

## Practise Mindfulness

Living in the moment rather than focussing on past failures improves confidence.

- STRATEGY:** Body Scan
- Scan your body for any points of tension. Actively release them & retry the task.

## Face your fears



Repeated, slow, small dose exposure to the thing that scares or worries you has been shown to reduce fear.

**STRATEGY:** Short tasks + feedback

- Try an already partially completed task
- Work together with a partner to take it in turns to complete a task

Read the research at [www.ggia.berkeley.edu](http://www.ggia.berkeley.edu)

## Practise self compassion



Acknowledgement that everyone suffers or struggles & that we too need warmth & kindness without judgement.

- STRATEGY:** Self Praise
- Identify a struggle & write a praise card for managing.

## Cultivate Forgiveness



- Recognise what has happened
- Acknowledge your feelings
- Commit to letting go of resentment.

- STRATEGY:** Forgiveness stems
- What happened was...
  - I felt...
  - I will let go by.....