

4 aspects of teaching for Resilience

16 practical packages to try

4 aspects of Resilient behaviours

		Aspects of classroom culture				Anticipated Outcomes for Learners
		Things to give away	Things to say	Things to do everyday	Things to display	
The 4 Aspects of Resilience	Dealing with being stuck	Reframe getting unstuck. Help pupils to feel comfortable with getting stuck	Use language to help pupils understand why they are stuck	Activities and routines to help pupils overcome fear and become a curious firefighter	Classroom displays to offer positive assistance on 'stuck'	Increasing: range of strategies for dealing with being stuck; inclination to try, confident that they have the skills to succeed.
	Managing distractions	Reframe managing distraction. Help pupils to maintain focus.	Use language to help pupils to overcome distractions in learning.	Activities and routines to help pupils manage their learning environment	Classroom displays to aid pupils' understanding of distraction	Increasing: range of strategies for dealing with and avoiding distractions; inclination to manage their own learning environment.
	Rising to challenge	Offer strategies to help pupils take on challenge confidently.	Use language to help pupils feel comfortable with mistakes.	Activities and routines to support pupils to take risks and change plans.	Classroom displays to support pupils in undertaking challenging activities.	Increasing: appetite for tackling challenging activities; inclination to work at the edge of their comfort zone.
	Working towards goals	Help pupils to set their own goals confidently.	Use language to help pupils' confidence to achieve their goals.	Activities and routines to support pupils to plan and reflect on practice.	Classroom displays to support the use of goal strategies.	Increasing: ability to work towards longer term goals; inclination to seek deferred rather than instant gratification.
What we need to focus on		Focus on: - learners taking a more active role; - promoting engagement, motivation and independence.	Focus on: - increased teacher talk about resilience; - learners developing a language for, and understanding of, resilience.	Focus on: - increased opportunities for reflection; - learners relishing raised levels of challenge.	Focus on: - displays about resilience; - rewarding / praising effort; - reducing fear of failure.	

What you want learners to be like

Possible changes in classroom practice