

# 4 aspects of Resilience

# 16 practical packages to try

The 4 aspects of Resilience					Anticipated outcomes for learners
	Dealing with being stuck	Managing distraction	Rising to challenge	Working towards goals	
How teachers can help to build Resilience	Values to Organise. From 'I see why' to 'I'll make sure'.	Help students help themselves become curious finder outers.	Help students help themselves become highly focused	Help students help themselves relish challenge	Help students become confident achievers of their own goals
	Responds to values. From 'I'll try' to 'I see why'	Help students help themselves analyse their mistakes and failures.	Help students help themselves manage their learning environment.	Help students help themselves take risks and change plans.	Help students help themselves plan and reflect on their own practice
	Receives to responds. From 'show me or tell me' to 'I'll try'	Help students help themselves understand why they are stuck.	Help students help themselves recognise overcome distractions.	Help students help themselves take on challenge confidently	Help students help themselves build confidence to achieve realistic goals.
	Lacks to receives. From 'I can't or I won't' to 'show me, tell me'	Help students overcome fear and become comfortable about being stuck	Help students understand being distracted and gain focus	Help students feel comfortable about making mistakes	Help students explore the point and value of goals
Important Know – How Start Here	Discover 'Dealing with Stuck'	Discover 'Managing Distraction'	Discover 'Rising to Challenge'	Discover 'Working towards Goals'	

Students are able to organise themselves to ensure things get done and they are not put off by discouragement. Their positive attitude is underpinned by relevant strategies.

Students now recognise that persevering with and overcoming various difficulties is a win for them. They have become curious about their mistakes and use feedback effectively to improve.

They put in their own effort to achieve a goal they are realising that the need for adult support can be overcome by using more coping strategies.

They are realising that fear, the need for adult support, and distraction can be overcome by having/using more coping strategies

# Outcomes for learners

# 4 phases of development in resilience

# Find out how the 4 aspects of resilience grow