

# Helping children develop resilience



## *A toolkit for action*

Health Improvement Team

# Meet the team

## The Health Improvement Experts



**Karen Gibson**  
Health Improvement  
Team Manager  
*Safeguarding*



**Nicole McGregor**  
Health Improvement  
Officer  
*Nutrition & Exercise*



**Claire Meade**  
Health Improvement  
Officer  
*RSE & PSHE*



**Stacey Edmead**  
Health Improvement  
Officer  
*Mental Health &  
Emotional Wellbeing*



**Mubina Asasia**  
Health Improvement  
Advisor  
*Preventing  
Extremism in schools*

# Our services to schools

The Health Improvement team's three services



## Universal

All schools receive this service for free.



## Health Partnership

Workshops, resources and training.



## Bespoke

Four day customised service.

# What we do

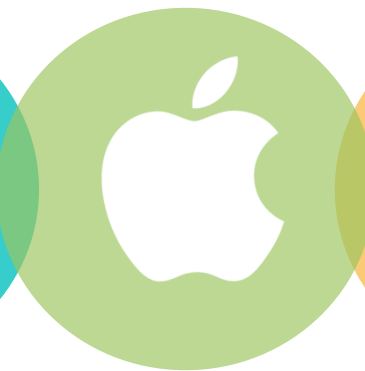
We provide support and training in five areas:



**Safeguarding**



**RSE**



**Nutrition**



**PSHE**



**Emotional wellbeing**

# Aims of the workshop



## Increased Confidence

In using the toolkit to deliver lessons



## Increased knowledge

Of the importance of resilience and the impact it has



## Increased understanding

In understanding what resilience is and why it's so important




## Increased understanding

Of the layout of the lessons and the resources that support them

# What is resilience?





**Resilience as the ability to: 'overcome  
adversity, whilst also potentially subtly  
altering aspects of that adversity'**

**(Hart, 2013)**

# Why is resilience so important?

Academic  
achievement

Whole  
school ethos

Prevention of  
mental  
illness

Social  
development

# The evidence base

## **Public Health England:**

Latest report states pupils with better health and wellbeing are likely to achieve better academically.

## **Ofsted states:**

There is a strong correlation between schools that achieved a high grade for personal, social, health and economic education and those that were graded outstanding for overall effectiveness

## **The Future in Minds project**

There is evidence that supporting families and carers, building resilience through to adulthood and supporting self-care reduces the burden of mental and physical ill health over the whole life course, reducing the cost of future interventions, improving economic growth and reducing health inequalities

## **Professor Katherine Weare:**

Children with greater well-being, lower levels of mental health problems and greater emotional attachment to school achieve higher grade scores, better examination results, better attendance and drop out less often.

# Why did the toolkit come about?



# Why?

72% of teachers surveyed were not aware of local services targeted at developing emotional health and wellbeing.

Over 50% of those surveyed felt they did not have sufficient knowledge and training to deliver emotional health and wellbeing sessions to their class

48% of those surveyed said that an Emotional Health and Wellbeing toolkit (including resources and lesson plans) would be the most useful resource

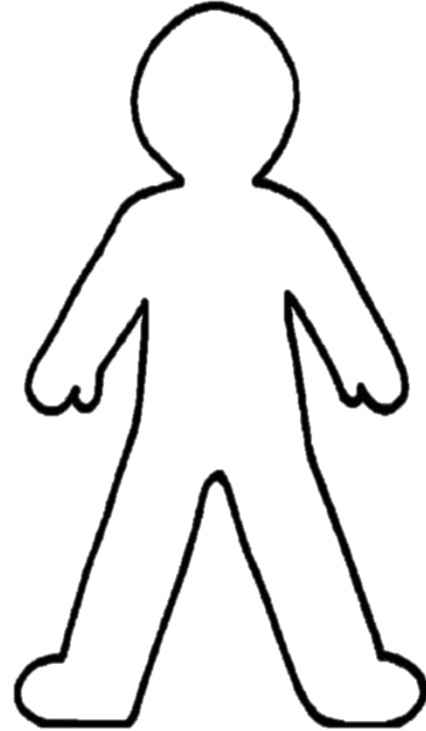
36% did not have access to specific lesson plans and resources targeted at developing emotional health and wellbeing

# How do you know a child is resilient?

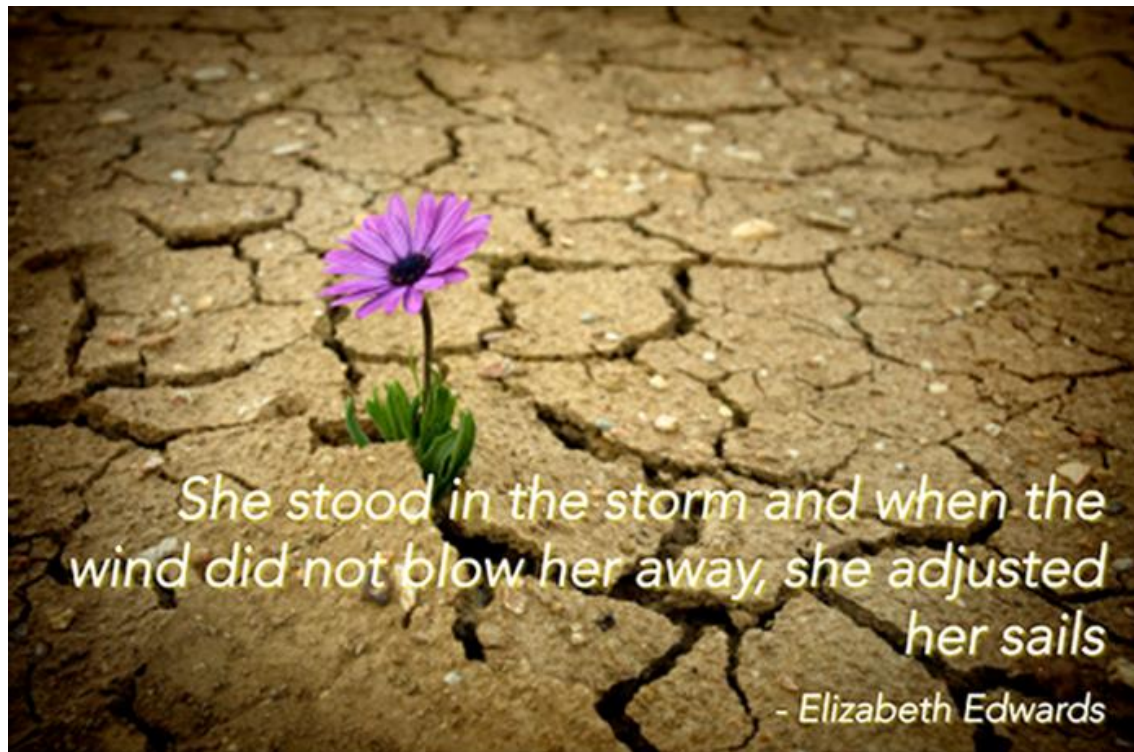
What skills would they have?

What would they look like/say?

What impact does being resilient have?



# Using the scheme of work



*She stood in the storm and when the  
wind did not blow her away, she adjusted  
her sails*

*- Elizabeth Edwards*

Term	Topic
<b>Autumn 1</b>	Myself
<b>Autumn 2</b>	Me and the world around me
<b>Spring 1</b>	Bouncing back
<b>Spring 2</b>	Difficult times
<b>Summer 1</b>	My feelings
<b>Summer 2</b>	Summary and reflection

# Key Stage 1 – Organisation

6 lessons for  
each topic

30 minutes  
lesson  
should be  
taught once  
a week.

First lesson  
of each new  
topic is a  
reflection  
lesson

Topic 6 –  
reflection  
and  
summary

# Key Stage 2 – Organisation

4 lessons for  
each topic

30 minutes  
lesson  
should be  
taught once  
a week.

First lesson  
of each new  
topic is a  
reflection  
lesson

Topic 6 –  
reflection  
and  
summary

# Resilience scrapbook

Covered in  
Summer 2

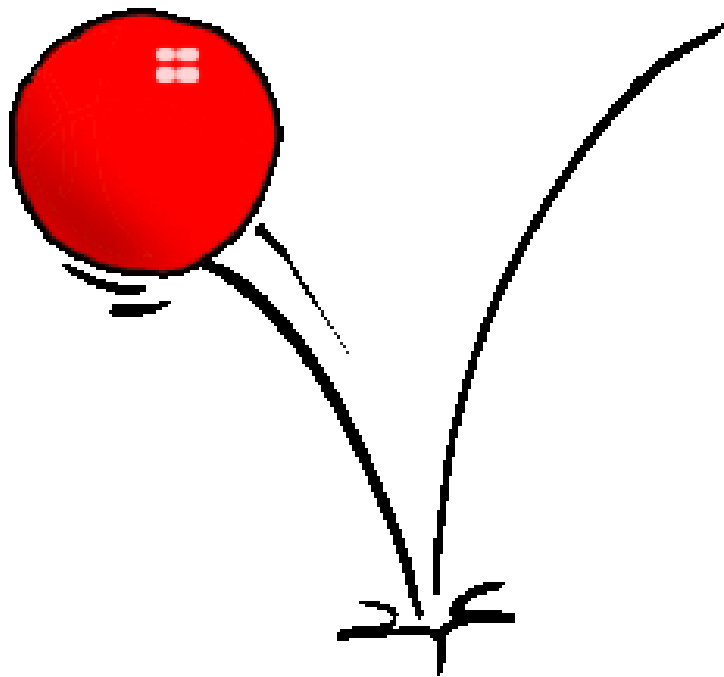
Reflects on  
each 5 topics

Allows  
children to  
gather  
evidence for  
5 topics

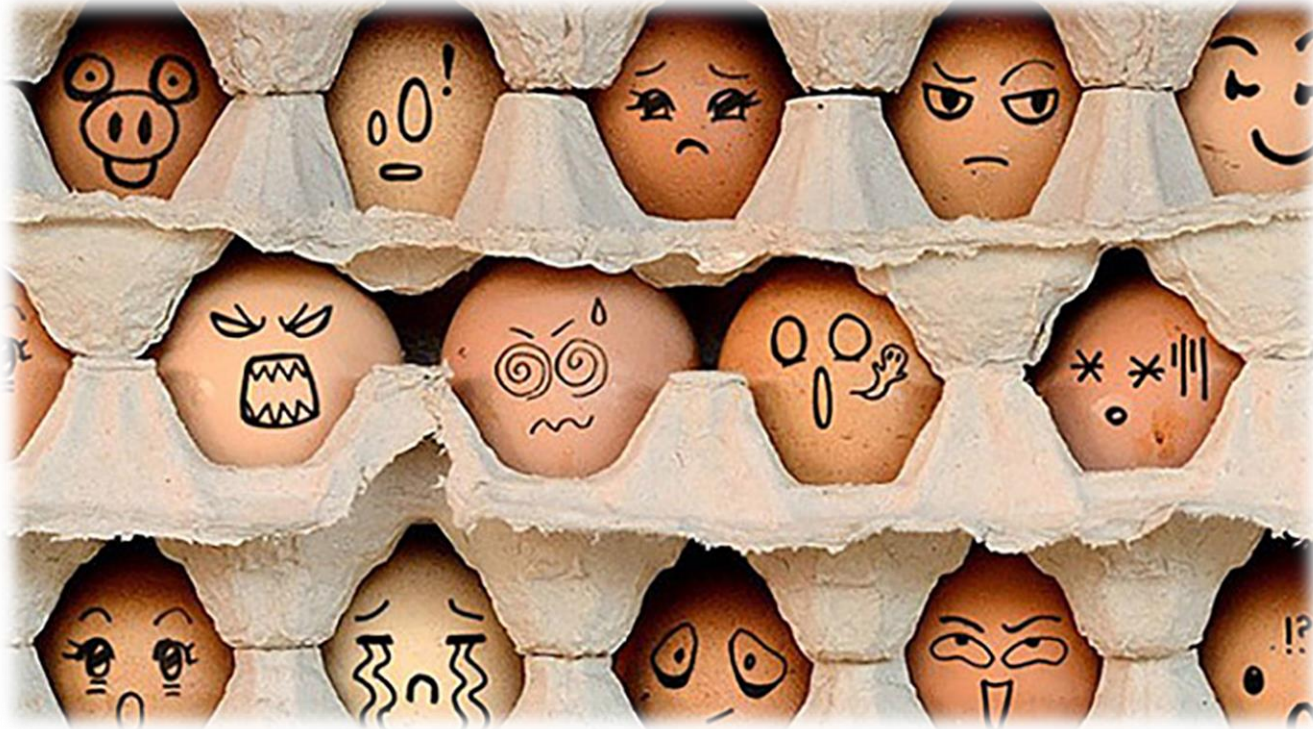
Allows  
teachers to  
gather  
evidence for  
next year

# LESSON PLANS

# Bouncing Back – Spring 1



# My Feelings – Summer 1



# Reflection – Summer 2



