



NOVEMBER 2021

BRADFORD AND CRAVEN
trailblazer **NHS**

RESILIENCE

Sutton in Craven Community Primary School - Wellbeing Newsletter



”

A flower can only grow through concrete if it believes in itself, not it's obstacles. ”

Resilience is the ability to bounce back from the stresses that life throws at us. It's not about avoiding the stress but learning how to thrive within it.

Learning to live a resilient life has many different benefits including increasing emotional well-being, improving memory, improved sleep, improving positive relationships and more.

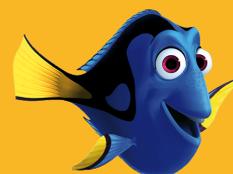
Building our children's resilience is important to help them overcome obstacles more easily and reduce the chances of them suffering with stress-related disorders.

”

WHEN LIFE GETS YOU DOWN, YOU KNOW WHAT YOU GOTTA DO? JUST KEEP SWIMMING!

DORY, FINDING NEMO

”





Bounce Back a project that has broken resilience down into 5 pillars. By recognising and strengthening these pillars we become more resilient. These pillar work together to lift us up out of the chaos we may be

PURPOSE

Purpose is a recognition that we belong to and serve something bigger than ourselves. Our purpose helps to shape the mindset and attitude we have toward others and the events we experience. We can find purpose in our faith, family, a political party, being green, or being a part of an organisation like Brownies or Scouts.

SELF-AWARENESS

Self Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.

POSTIVE RELATIONSHIPS

Positive Relationships are the people who support and care for us — and we care for them. By building positive relationships with others, we will be happier and feel more supported and connected. Positive and supportive relationships will help us to feel healthier, happier, and more satisfied with our lives.

SELF-CARE

Self care is unique for each person and can be understood in many different ways. In its simplest form, the term refers to our ability as human beings to function effectively in the world while meeting the multiple challenges of daily life with a sense of energy, vitality, and confidence. Self care is initiated and maintained by us as individuals — it requires our active engagement

MINDFULNESS

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

- FEELINGGOODMN.ORG

” YOU ARE BRAVER THAN YOU BELIEVE, STRONGER THAN YOUSEEM AND SMARTER THAN YOU THINK ”



OUR FAMILY KINDNESS JAR

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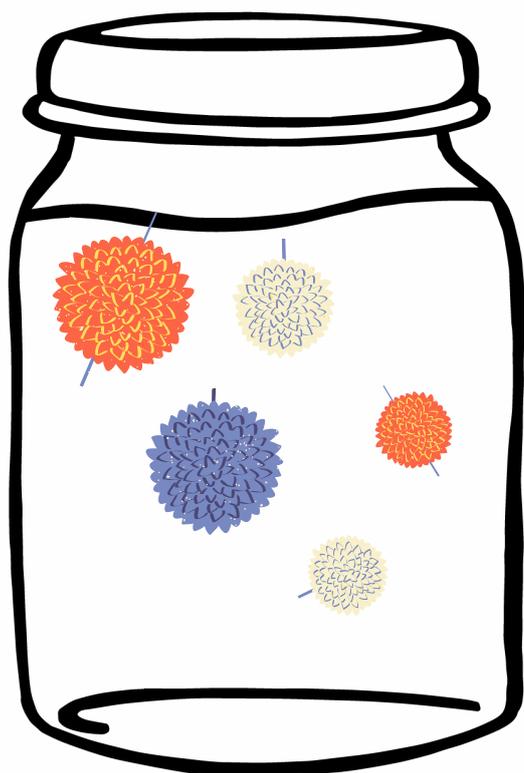
Practising kindness is an important part of building resilience in young people.

Start off with an empty jar. Have a tub of small objects that will fit into the jar over the a period of time (pom poms, jelly beans, pebbles etc.)

Everytime someone in the family does something **kind, they get to move of the objects into the jar.**

If someone does something unkind, they have to remove **two objects –showing that being unkind is more damaging than an act of kindness.**

Create a contract within the family as to what is going to count as acts of kindness. This will allow you to have a conversation about what acting in love looks like. Adults will have their own acts to follow!



EXAMPLES:

TODDLERS:

- Helping pick up toys
- Saying thank you
- Giving hugs

BIG KIDS:

- Not arguing with siblings
- Holding the door open
- Giving someone a compliment
- Doing something without being asked

ADULTS:

- Being patient
- Giving the young person a special note