



Building resilience during lock down from Mrs Wardle, Wellbeing at Cavendish School.

As it stands at the moment, we are not sure when we will be returning to our usual school routine, which could mean quite a prolonged period until our normal schooling returns. This could result in a lack of routine and anxiety about the return to school and how that may look and feel. This situation is the perfect example of why it is necessary to build resilience.

Building resilience is a vital part of child development. Resilience helps you to manage stressful and difficult situations while still continuing to thrive. Difficulties could be caused by things like bullying, the death of a family member, parental separations, illness etc. It enables you to ‘bounce back’ when things go wrong and helps you to navigate life’s ups and downs. When you are resilient you can learn from difficult or challenging situations and become stronger.

Resilience for young people is built on strong relationships with parents. You may also gain strength from your wider family network and other adults that you identify with like Aunts, Uncles, Grandparents and Teaching staff who have a mentoring role.

Adults can help children build their resilience by giving them the opportunity to learn and practice important values and life skills such as;

- Social skills
- Self-respect and good values
- Organisational skills
- Positive thinking

Resilience is about having a positive outlook, being realistic about your own achievements, seeing positives and expecting good outcomes even when things aren’t good. It is important for you to see past the negatives and understand that they will pass and that you can learn from whatever lesson it brings you and move on stronger and with more knowledge.

Doing positive activities with your time rather than dwelling on negative things will help with this as well;

- Listen to music
- Write daily, either in a journal or creatively
- Do something helpful for someone else
- Take note of something new and natural every day
- Talk to a friend or family member
- Make sure you exercise every day, take a walk, bike ride or run
- Watch a comedy and laugh out loud

Feeling confident and capable and being ready to accomplish your tasks are very big parts of building resilience. Important skills for building resilience are; being organised, goal setting, self-discipline and being ready to work hard and be resourceful. Making mistakes is the way we learn, so it is a skill to be able to self-correct your work and in the process learn and improve your skills and knowledge. Finding enjoyment in what you are doing will improve your emotional state and invigorate yourself to go the extra mile and appreciate your learning. Try and remember that if you are not making mistakes, then you are not learning, it is important to challenge yourself, try something a bit harder and give it a go, getting things wrong helps you to look at what you are doing in different ways and improve the way you learn building skill and resilience. Be proud of the learning journey you are on



and enjoy making cross curricular links especially during this uncertain time, link the things you are doing at home to your learning and understand how important it is to keep your learning fun and exciting. Take this time away from your usual learning environment to think about your future aspirations, try to think about how you can achieve this, set yourself some goals which are achievable and enjoy reaching them. Be flexible, as you grow and experience life, your aspirations may change, this is quite normal and just means that you have re-evaluate your goals slightly. Choosing subjects wisely as you move through school will help with your goal setting and aspirational achievements, talk about what you would like to do after school and make sure you get advice and guidance on how best to achieve this.

[Parentkind is a Charity that builds the bridge between parents and schools please click on the link to read about raising resilient children.](#)

[Worth-It is a company that works with children and their carers to support mental health and wellbeing](#)

[Mind, the mental health charity has some great advice on building resilience](#)

I have also found a short video which shows 5 steps towards developing resilience, please click [HERE](#) to watch it.

Here are some inspirational quotes to inspire resilience;

“Failure is simply the opportunity to begin again, this time more intelligently” – Henry Ford

“It’s not what you achieve, it’s what you overcome. That’s what defines you” – Carlton Fisk

“I can be changed by what happens to me. But I refuse to be reduced by it” – Maya Angelou

“Success consists of going from failure to failure without loss of enthusiasm” – Winston Churchill

“Persistence and Resilience only come from having been given the chance to work through difficult times” – Gever Tulley

We still want to reinforce the need for our pupil’s to remain focussed on a routine as similar to their normal school day as possible,

- Have a good sleep routine by going to bed and waking up at a similar time (similar to your normal sleeping and waking time during term time)
- Get dressed, keep your personal hygiene good
- Take breaks just as you would at school
- Please remain proud of your academic accomplishments, take pride in the work you do and the effort it takes to complete it
- Keep in touch with friends and family in a safe way and always talk about concerns or worries you may have as this is very important to keep yourself emotionally healthy
- Keep taking daily exercise
- Remember that staff are available to support you as well. Email us on wellbeing@cavendish.e-sussex.sch.uk with any concerns or worries you may have.