



Building Resilience in Children

Kensington Primary School
Parent information night

May 2007



Whole School Approach

- Well being rather than welfare focus – research indicating the importance of prevention with rising rates of depression and other mental health issues
- Building on the existing direction taken at KPS towards engaging students, building democratic classroom cultures and promoting connectedness

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Why resilience?

- Resilience is the ability to cope with life's ups and downs, to recover well when things go wrong
- Resilience is an essential skill to develop to become a life long learner
- A focus on resilience includes 3 areas:
 1. Personal coping skills (including a focus on personal values, thinking skills, emotional literacy, adaptivity)
 2. Interpersonal skill development (making friends, dealing with conflict, seeking help)
 3. Building connections between individuals, family, school, community and a sense of belonging



The BOUNCE BACK! Resiliency Program

Written by Helen McGrath & Toni Noble

- Chosen as it is comprehensive, literature based, well researched,
- Underpinned by environmental and personal skills (protective factors) that promote resilience
- Acronym is the basis of the personal skills program – it encapsulates the theoretical model underpinning the program. Key skills: optimistic thinking, helpful thinking, using humour, normalizing, help seeking.



Building family resilience

- Family connectedness is one of the key environmental factors for developing resilience
- Every family faces challenges, try to be a 'good enough' parent

3 major challenges:

1. Dealing in breakdowns in family communication
2. Managing children's behaviour and concerns about how to parent appropriately
3. Relationship dynamics – sibling rivalry, tension in couple's relationship

Family strengths promote resilience: communication, togetherness, sharing activities, affection, support, acceptance, commitment, resilience

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Small group feedback

- What ideas do you have to strengthen and support the schools approach to building resilience (at school, at home)?
- What further information would be useful and how is it best delivered to busy families?

Implementing the Bounce Back Program

- *How much time is allocated?*
- One session each week in each classroom across the school
- *What has the content been so far?*
- Values – a tool for developing empathy and a sense of ‘who do I want to be?’
- 10 Coping statements – trying to focus on the same statement across the school each week
- Other units include: Courage, Looking on the Bright Side, emotions, relationships, humour and bullying