

What is Resilience?



Part of learning to be resilient is recognising that there will be times when things get tough. We are committed at promoting **positive mental health and well-being** at Alfred Street Junior School, and therefore, through our PSHE, Growth Mindset, Restorative Justice and Wellbeing initiatives, we also aim to help our children develop the capacity to work through difficult times by becoming more **resilient**.

You, as parents, can also have a huge impact on building your child's resilience.

We can all develop resilience, and we can help our children develop it as well. It involves behaviours, thoughts and actions that can be learned over time.

model for raising resilient youth

