



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

Hazlehurst Drive, Aylesbury, Bucks. HP21 9TJ

Phone: 01296 421733

E-mail: office@williamharding.school

Website: www.williamhardingschool.co.uk

Head Teacher: Miss T Cotchin BA(Hons) PGCE NPQH

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RE - Tips for Parents – Resilience

Dear parents and families,

When we experience sudden or unsettling change, one thing that can help us cope is resilience. Resilience helps us deal with the emotions a new situation may cause and helps us bounce back from difficulties we might encounter. Being resilient is an emotional skill and is something we can develop and build, both as children and as adults. The resources underneath are all about resilience and coping with change, which we hope will be useful for children and parents and carers alike.

Building resilience - Sesame Street Go to resource This digital resource from US children's TV show Sesame Street is full of great videos, printable activities and useful tips for parents and carers. <https://sesamestreetincommunities.org/topics/resilience/>

Resilience ladder – This resource helps children break down their goals into smaller, more achievable steps, and helps them develop a growth mindset. <https://mentallyhealthyschools.org.uk/media/2046/resilience-ladder.pdf>

Developing resilience - simple advice for adults on how to develop resilience and learn to cope with stressful situations. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience>

Change and loss activities – practical activities for parents to help their children explore their emotions <https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Change%20and%20Loss%20Activities.pdf>

Helping children cope with change - This article is full of useful advice for parents and carers of young children on how to support. <https://www.early-education.org.uk/sites/default/files/Helping%20children%20cope%20with%20change.pdf>

Best wishes,

Miss Cotchin
Head teacher

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

