

YES RATIONALE

At this time, it is essential to acknowledge the significantly negative impact of the pandemic on people's lives. To listen, acknowledge and recognise difficult experiences and traumatic events. However, through these experiences there may also be times when traumatic coping emerges, highlighting a person's strengths and capabilities despite everything, slowly helping to provide a sense of hope and optimism about the future. Some psychologists have used the term 'post-traumatic growth', to refer to a person's ability to recover from traumatic events. Processes that promote such resilience including helping young people to successfully process their experiences, use positive coping strategies, seek social support and help others at times of distress.

TIPS

- Positive psychology, through the work of psychologist such as Martin Seligman, has sought to develop and extend a child's ability to develop and grow, opening up possibilities and an optimistic, resilient view of the future.
- 'Reach for the rainbow' activities can help to promote an idea of hope and achievement. Allocate a slot during a week for children to choose and engage in a 'reach for the rainbow task'. This could be something that they do for someone else, a challenge or something that makes them happy and hopeful.
- Children develop their own 'Things I like' booklet by taking photographs of activities in school and/or drawing themselves doing the things they like and enjoy.
- Write an 'all about me' journal or diary account, highlighting what makes each young person special and unique
- Carol Dweck has highlighted how our self-talk, our views and beliefs of the world around us and ourselves, can affect our motivation, actions and behaviours. She identified a 'growth mindset' as a way of viewing ourselves, abilities and events as open, changeable and developing, leading to increased motivation, perseverance and optimism as opposed to a 'fixed mindset' as a deep seated, fixed trait. From this perspective, a growth mindset leads to a desire to learn and the ability to embrace challenges, persist in the face of adversity, view effort as key to progress, learn from constructive feedback, be inspired by and learn from others and ultimately achieve success. She talked about the 'power of yet', with the term 'yet' having the power to open up the possibilities in achieving mastery in something, changing a potentially fixed mindset statement to one of optimistic growth.



FURTHER WORK

Use this an opportunity to support children who are more anxious than others. Consider pairing children to support each other. Monitor those children who express little or diminished hopes.



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