

## BUILD RATIONALE

The build section is all about building resilience through listening, addressing the idea of dealing with mixed emotions as a normal experience, focussing on restoring balance for children and encouraging creativity and engagement



## TIPS

Respond calmly to things reported by children such as nightmares or stories. Children may demonstrate an increased need to repeat stories and events

If some regression is observed in children don't criticise this instead encourage positive steps forwards

Begin and end the day with something nurturing and engaging such as a story- keep this consistent

Young minds provide a resource through the beano characters on building resilience – it includes free downloadable lesson plans for ks 1 and ks2

<https://youngminds.org.uk/resources/school-resources/beano-resilience-lesson-plans/>. There is also an introductory video to these sessions

Activities from Angela Duckworth relating to resilience and 'Grit' can be found at <https://biglifejournal.com/blogs/blog/activities-grit-resilience-children> includes suggestions or printables and stories

Take time to engage in group play for 5-10 minutes a week, board games, problem solving puzzles etc will help to support flexibility and regulation and provide positive re-engagement opportunity. Consider the hygiene restrictions that may be required around particular games

For the sports fans premier league primary stars offer resources relating to resilience including films and tips

<https://plprimarystars.com/resources/resilience>



**EMAIL ADDRESS**



**TWITTER HANDLE**



**TELEPHONE NO.**



**LINKEDIN URL**