

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

Try to listen without passing judgement on actions
Don't catastrophise – display calm rationale responses even if the situation is serious

Don't over empathise – it can heighten emotions and it can change the way that you may be perceived by the young person as a figure that they can depend or rely on

Support the development of self-regulation techniques such as physical activity, relaxation techniques, mindfulness activities. Rothschild (2009) advocates mindfulness as a way focussing the body and mind and these process have self-regulatory effects

Address the concept of 'safety' with young people. This is not only their physical experience of being safe but, also their perceptions of safety. If pupils continue to feel and perceive that they are unsafe then it may be beneficial to establish opportunities to share ideas about collective safety and cultivating a feeling of safety within school.

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