

BELIEVE RATIONALE

Believe in yourself and in having dreams a new way forward will come

The believe section is about teaching children and young people to be optimistic and to take an optimistic rather than pessimistic stance in relation to uncertainty and change



TIPS

Use Cognitive Behavioural approaches to support skills development and challenge negative thought patterns- *CBT Toolbox for Children and Adolescents* by Phifer et al 2017 is a useful resource for this purpose. It contains worksheets for working with children and adolescents with a range of needs and those who have experienced trauma or crisis

Enable cognitive flexibility and adaption – this is to seek to support pupils to adapt when plans or circumstances change. The aim here is to help pupils to prepare for sudden changes due to lockdowns or other circumstances. Strategies to optimise optimism in a teenage population can be found at

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

This includes guidance to: empathise; emphasises the idea of 'yet', steer focus to what they can control; look to the future; emphasise strengths; understand mindsets and avoid the superficial

FURTHER WORK

Work with pupils to re-frame negative thoughts, help them to change negative approaches into positive thinking. Monitor children who resist positivity and/or display consistent negativity