

What is Resilience?

Resilience is the ability to cope with challenges, bounce back from setbacks, and keep trying even when something feels difficult. It means not giving up at the first hurdle and believing that effort helps us improve.

A simple definition of resilience is: **Resilience means keeping going when things are tough and finding the courage to try again.**

At our school, we encourage children to persevere with their learning, to try new things, and to understand that mistakes are part of the journey. Resilience can be shown in many small ways—sticking with a tricky task, having another go, calming down when frustrated, or supporting others who are finding things difficult.

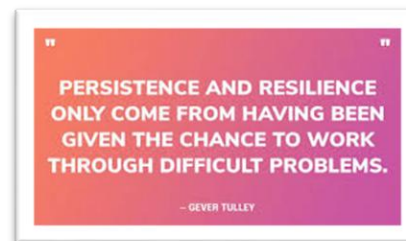
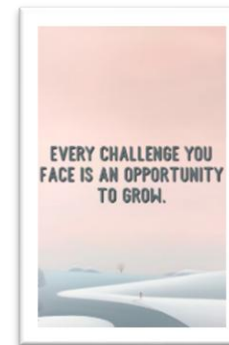
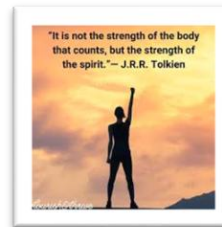
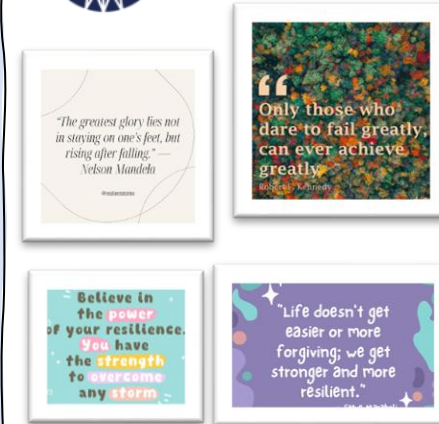
Building resilience helps us grow into confident, courageous learners who know that challenges help us shine more brightly

Books and Stories to help explore the value of Resilience:

Bible stories: David and Goliath, The Storm on the Lake, Moses and the Burning Bush, Daniel in the Lion's Den, Jesus in the Wilderness.

Picture books: *The Most Magnificent Thing* – Ashley Spires, *After the Fall* – Dan Santat, *Rosie Revere, Engineer* – Andrea Beaty, *Giraffes Can't Dance* – Giles Andreae, *The Girl Who Never Made Mistakes* – Mark Pett & Gary Rubinstein

A Christian Perspective: Christians believe that God is a constant source of strength and hope, especially during challenging times. The Bible teaches that when people face difficulties, God walks with them, offering courage, comfort and guidance. Because Jesus experienced hardship, struggle and uncertainty, Christians trust that he understands what it feels like to keep going even when things are tough. Christians also recognise that life brings situations that test our perseverance. These moments can help us grow in character, deepen our faith, and build resilience. By trusting in God's presence, Christians believe they can find the strength to keep moving forward. Through resilience, we show courage, perseverance and hope—qualities that help us flourish and support those around us.



Help your child to show resilience at home by:

- Encouraging them to keep trying, even when something is hard.
- Praising effort rather than perfection.
- Modelling positive self-talk (e.g. "I can try again").
- Helping them to solve small problems independently.
- Celebrating their willingness to try new or challenging things.

We are exploring Resilience in school by:

- Exploring resilience through our school worship.
- Discussing resilient choices in learning and play.
- Giving children opportunities to practise perseverance and problem-solving.
- Celebrating resilient attitudes with rewards and certificates