



## Parent's Guide

Children's emotional health is vital if they are to thrive, learn and enjoy their childhood. At Parkland, the children, with the support of their teachers, are working hard to develop skills to support their resilience in learning. These life skills will support them in whatever they do and where ever they do it.

### What is resilience?



Whatever happens, whatever problems or challenges you have to overcome, you have the emotional strength and skills to keep on going and achieve your potential.

### What skills will help you be more resilient?

Since 2015/16, the school has been working to develop children's learning skills, build their learning muscles and develop a more positive mindset. However taking part in the 'Route to Resilience' initiative has spurred us on to focus on some key vocabulary and encourage the children to own the language, identify their different learning needs and areas of focus.

#### **Skill 1: Social Skills**

Do all children have the skills to communicate, listen, share and empathise? At home and at school these specific skills can be taught, reinforced and praised.



#### **Skill 2: Gratitude**

Model with the children being thankful for the things in your life, however small, and give them the opportunity to show that they are grateful for things and people in their lives. Praise them. I like how you are showing gratitude.

### **Skill 3: Hope**

Be positive and watch it grow. Hope and optimism is important with new learning and change in life, we want children to look forward to the opportunities that change can give them, rather than focus on the negative things that change takes away.

### **Skills 4: Self Control**

We all get the urge to do things and sometimes these may not lead to the right choices being made. Children need to understand when certain behaviours are ok and when they are not. They need to be encouraged to make the right choices and be praised when they do so.

### **Skill 5: Perseverance**

Do I quit when things get tough or do I just keep on trying? Model how if we persevere, we can get there in the end, it might take a long time and there may be obstacles on the way. Praise children who show perseverance.

### **Skill 6: Enthusiasm**

Children who are engaged in activities and show they are keen to learn, need to be praised for trying their best.

### **Skill 7: Curiosity**

It is said that the future belongs to the curious. The ones who are not afraid to try it, explore it, poke at it, question it and work it out. Giving children opportunities to find out facts, understand how things work and try out new ways of doing things is vital for their development.

## **Parent Engagement:**

We want to involve parents in this initiative, understand the vocabulary and how by encouraging children to use these skills, they will be more resilient at home as well as school.

## **Find out more:**

Contact Mrs Voigt at Parkland Primary School or <https://www.routetoresilience.co.uk/>