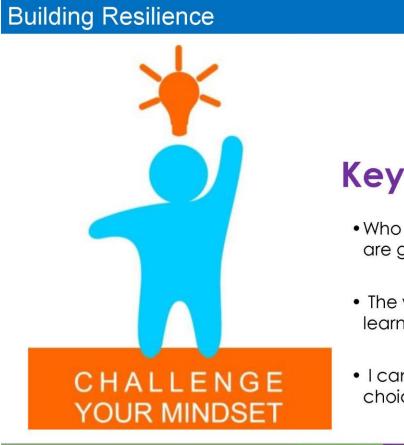
Poster of ten resilience tools





## Key messages:

- Who we are and what we are good at is not fixed
- The way we think, feel or learn shapes our brain
- I can change through the choices I make

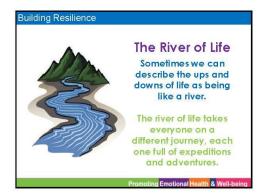
Promoting Emotional Health & Well-being

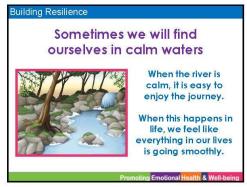
Be Resilient Launch Assembly (first six slides)

Be Resilient Launch Assembly









## Building Resilience Promoting mental, emotional, social and physical health and wellbeing

Unit 2	Keep Connected			First Level
Key Learning	Experiences and Outcomes	Intended Learning	Core Activities	Additional Activities
Belonging to a group can be a good way to build friendships	I value the opportunities I am given to make friends and be part of a group in a range of situations. HWB I-14a I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support. HWB 1-08a	I take part in group activities I know that getting along with others involves cooperation I am learning how to help myself if I feel alone or left out	Find Someone Who Use the Find Someone Who resource provided. Give each child a copy of the grid. Ask the children to find a different person to match each of the descriptions on the grid. Have them ask each person to sign their name in the relevant box. <u>Cooperative Drawing</u> Agree on a theme for the drawing, eg a garden, a playground, a creature from outer space. Organise the children into groups of four. Give each child a sheet of paper. Invite them to begin their own drawing. After a few minutes give a signal. On the signal they must pass the drawing to the next child on their right side. They must continue the drawing until they hear the signal. Continue until each child gets their picture back. Discuss how difficult it was to cooperate and trust others to continue your work. <u>The Boy Who Built a Wall Around Himself</u> Read The Boy Who Built a Wall Around Himself by Ali Redford. The book explores the story of 'Boy' who built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone 'Kind' came along. She bounced a ball, sang and painted on the other side of the wall, and 'Boy' began to wonder if life on the other side might be better after all. The book uses a simple metaphor to explain how children can build barriers between themselves and other people. Use the book to stimulate discussion, art work and drama.	Circle Time Activities This week I helped This week I was helped by <u>Cooperative Activities</u> Use group time to create a positive feeling of wellbeing, eg creating a class storm using tapping, clapping etc.