

# Primary Resilience Workshop

## Resilience - Well Being - Growth

Learning to navigate life is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

From a unique, fun perspective this workshop looks at all the demands being placed on today's children – inside and out of school - and shows them how to find balance, look after themselves, become resilient and take control of their future.

### Description

Stress is becoming an increasing problem for children today.

They are living in an increasingly fast-moving world with higher than ever expectations both in the school environment and at home - and with every aspect of their progress being scrutinised relentlessly.

This workshop is designed to help children become resilient to these pressures by helping them to understand their own areas of difficulty whilst looking forward in a positive and inspiring way.

### Benefits

Students look at their use of internal language leading to resilient thought processes i.e. "I can't do that" - v - "I can't do that yet".

Students learn to identify weak or difficult areas in their life and look to find ways of making positive, confidence-building changes.

Students look at well-being and are shown an holistic approach to minimising stress.

Students are encouraged to develop a growth mindset focusing on their desired outcomes.

### Content

The workshop is split into three main areas: resilience, well-being and growth.

Each area contains fun exercises and information designed to encourage personal awareness and development leading to reduced stress levels and increased resilience.

To be effective learners both our body and our mind has to be fit and healthy so this workshop takes an holistic approach addressing body, mind and spirit.

### Aims

*The course has three main aims:*

To build resilient students

To show students how to achieve a healthy mix of fun, work and relaxation

To encourage students to develop a growth mindset

### Results

Students learn to challenge habitual thought patterns replacing stress inducing language with resilient language.

Students identify the weak or difficult areas in their life and make plans to change these positively.

Students learn how to take an holistic approach to their well-being thus combatting stress illness.

Students begin to develop a growth mindset.

***"The course was brilliant with the pupils taking a lot from the day."***

Head Teacher



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