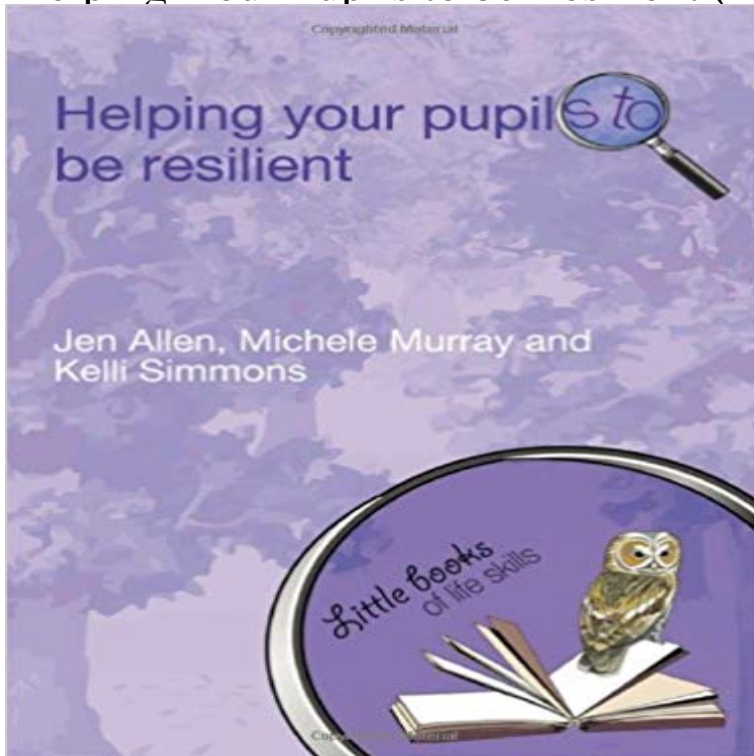


## Helping Your Pupils to be Resilient (Little books of life skills)



For many children, school life is hard. They may have a learning difficulty or problems at home. They may feel left out or have trouble making friends. Other children may be stealing from them or bullying them. However, the good news is that children can form a protective understanding of themselves that can help them withstand life's adversities. When they are able to see and draw on their own beliefs, skills and support systems in a positive way, they develop self-esteem and an optimistic outlook – the foundations of resilience. Helping your pupils to be resilient clearly explains what resilience and self-esteem are and how they can foster a child's emotional well-being. Focusing on the whole school environment, this book shows teachers how they can help develop resilience through support of their pupils' understandings and the school's prevention and intervention strategies. This book suggests ways to organise the classroom, provides teaching strategies and pupil activities and gives notes on assessment and record-keeping. It is complemented by several pages of proformas, which can be copied or amended for use in the classroom.

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