

Wellesley Park Primary School – School Values

RESILIENCE

What is resilience?

Resilience is the ability to be happy and/or successful again after something difficult or bad has happened. If you are resilient, you never give up. The word stems from Latin, literally meaning ‘to rebound or recoil.’

Key Vocabulary

Definition

successful	Accomplishing a desired aim or result
resilient	Able to withstand or recover quickly from difficult conditions
Latin	Ancient administrative language used by scholars
rebound	Recover in value, amount, or strength after a decline

Examples of skills

At Wellesley Park, we are encouraged to develop our resilience at all opportunities. We are given strategies to help us keep going, even when facing a challenge, whether this be in our work, or out on the playground. Mistakes are celebrated and perseverance rewarded.



Images



Resilience Factors



Why Wellesley Park think this value is so important

Resilience is important for several reasons; it enables children to develop mechanisms for protection against experiences which could be overwhelming and also helps us to maintain balance in our lives during difficult or stressful periods. Children will undoubtedly face episodes of challenge in their lives, and therefore at Wellesley Park we think it is essential that we equip our young people with the tools to deal with this.

Resources

<https://www.twinkl.co.uk/resource/t-c-7592-top-10-growth-mindset-resource-pack>

<https://www.twinkl.co.uk/resource/t-c-255094-making-negative-thoughts-into-positive-thoughts-activity-sheet>