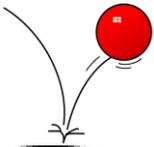


Character Education Skills Ladders: Resilience



6

Year Six children are realistic. They accept that failure is a part of life. Year Six understand the word “optimism,” which helps them to adapt towards finding a solution, by keeping their stamina up. Therefore, Year Six know that mistakes can be overcome by high levels of resilience.

5

Year Five show resilience by being flexible and adapting to changes or when things go wrong. They build strong mental health by acknowledging the emotion they're feeling and resisting the negative emotions with 5Rs: **R**est, **R**elaxation, **R**eplenishment and **R**elease, to then **R**e-face the challenge.

4

Year Four show resilience by accepting when something does not go as planned or expected. They build their resilience levels by being self-aware of their strengths and weaknesses, which they then use to cope and recover quickly. Year Four also build strong, positive relationships with friends and peers, which contributes to their resilience and also their self-belief.

3

Year Three keep motivated when they are trying to achieve their goals. They have self-belief and see setbacks as nothing more than a ‘bump in the road.’ Year Three have the resilience to ‘bounce back’ from a challenge by showing commitment, being focused and being hopeful. Year Three learn from their mistakes.

2

Year Two understand resilience as ‘it’s OK to make mistakes’ and so they try their best to ‘bounce back’ from mistakes. If mistakes make Year Two sad or angry, Year Two show their toughness or strength with a don’t give up attitude. Year Two understand that things don’t always go our way but hard work pays off.

1

Year One understand resilience as ‘never give up on your dreams’ and ‘stay strong.’ They show resilience by keeping on trying and then asking for help if they are still stuck. Year One know that there are times when they may need to be resilient inside or outside of school, such as: moving house, starting a new year group or having a little baby brother or sister.

R

Reception understand resilience as ‘keep on trying even if it didn’t work first time.’ Reception can describe what failing might feel like. But, Reception children know that succeeding feels good and so carry on trying hard to get there to this happy feeling. They reach for the stars, aim high and don’t give up and try again.