



## Resilience skills

Student resilience and wellbeing are essential for both academic and social development. Children who are confident, resilient and emotionally intelligent perform better academically. The skills these children also possess can contribute to the maintenance of healthy relationships and responsible lifestyles.

Research has shown that children who are resilient are also less likely to be involved in problematic alcohol or other drug use, or misbehave in anti-social ways. So resilience and drug education is important as it helps young people to learn the skills that will help them to be more resilient, manage their emotional responses and cope with challenging situations that may come their way.



### Tip for parents

*Let your children know when you see them using these skills in their daily life and while interacting with other people.*

Our class is building on the social and emotional skills that were covered in Year 6 and learning some new skills which include:

- o **Using humour in a helpful way** so when your children experience sadness or bad times, they can laugh at their mistakes or laugh with others to help put things in perspective and feel more positive and hopeful.
- o **Recognising their own strengths and limitations** to bounce back from setbacks and achieve new goals. Some teenagers only see what they can't do not what they can do. Knowing their ability strengths (eg good at running or art) or character strengths (eg fair and honest) can help your children to take steps to overcome problems and set goals.
- o **Using empathy** to help them see a situation from another person's point of view and understand how they are feeling. This will help your children to build positive and supportive relationships.
- o **Using leadership skills** which are the social skills that help to build good relationships. These skills include: being a good communicator, finding the best in others, being adaptable, being able to stand up for their own values, problem predicting and solving, and being enthusiastic and self-aware.
- o **Setting SMART goals** that are specific, measurable, linked to actions, realistic and have a timeframe. Being able to set and achieve short and long term goals can add to your children's health and wellbeing.



The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun.

Napolean Hill,  
1883-1970