

RESILIENCE PROGRAMME

<p>R</p>	<p>9th September</p>	<p>RELATIONSHIPS</p>	<p>During this week we will be talking to the children about the importance of connectedness. We will be promoting the idea that: Strong relationships provide everyone with the opportunity to talk about their feelings. Someone who is able to talk about their hopes, worries and fears is more able to cope with life's ups and downs.</p>	<p>Activities in the classroom will be centred around building positive relationships</p>
<p>E</p>	<p>16th September</p>	<p>EXERCISE</p>	<p>This week we will be focusing on the importance of being healthy. We will be talking to the children about the positive endorphins that are released when you exercise and how important it is to stay active! We will be asking the children about the activities they take part in outside of school and celebrate their hidden talents.</p>	<p>Activities will include daily 'Wake up and Move' mornings or GoNoodle sessions in class. A mile walk will take place in the playground on Thursday 19th September after the school photograph.</p>
<p>S</p>	<p>23rd September</p>	<p>SUPPORT YOURSELF</p>	<p>During this week we will be asking the children to look at the classroom resources they can use to support their learning and who can support them when things get tricky. We will be discussing the importance of supporting their friends during difficult times. Emphasis will be placed on relaxation this week, asking the children what they do to relax. Music and guided imaginary techniques will be used in the classroom to encourage relaxation.</p>	<p>A Yoga session will take place on Friday 27th September with Elite Sports Personal Celebration Booklets Bookmarks – things I can do when it gets tricky Start of developing the Growth Mindset promotion</p>

I	30 th September	I CAN DO IT	<p>This week is all about GROWTH MINDSET!</p> <p>Children with a 'growth mindset' are more likely to continue to persist when they struggle, while those who believe their intelligence is fixed are more likely to give up.</p> <p>Research has shown that cues from parents and educators about performance can impact students' beliefs and future actions.</p>	<p>Reception – Superhero Challenge week Positive Approach, Using your Growth Mindset – exploring your options and different approaches If it's difficult it means we are growing Take on Challenges – Forest School team building 'I can do it' celebration board</p>
L	7 th October	LEARNING NEW THINGS	<p>We will be discussing with the children why learning is important and how learning something new shows that they are developing and growing. We will be talking about how we learn new things throughout our lives and how we can help each other to learn new things. We will be identifying the challenges we might face when trying new things and what benefits might we experience?</p>	<p>Activity passports will be given to each child and put in their diaries for parents and staff to sign as they go through the year.</p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="text-align: center;"> <p>“The more that you read, the more things you will know. The more that you learn, the more places you'll go.” –Dr Seuss</p> </div> <div style="margin-left: 20px;"> <p>5 Dr Seuss quotes will be placed around the school and the children will be challenged to find them all and encouraged to consider the meaning of the quotes that they find.</p> </div> </div>
I	4 th November	IMPORTANT – VALUE YOURSELF	<p>During this week we will be encouraging the children to see themselves as important and to value themselves as unique individuals. We will be asking them to think about what is important to them? What do they value? Which achievements are they proud of? And what makes them who they are?</p>	<p>Reflection week Children will carry out activities showing the ways in which they are important and special.</p>
E	11 th November	EFFORT	<p>“Success is the sum of small efforts, repeated day in and day out” This week we will discuss with the children that there is a place for</p>	<p>Targeted praise Staff to focus on effort-based marking Encourage peer feedback in class such as 'I like the way that you...'</p>

			celebrating the 'best' and the 'winner' but how it is equally as important to make sure we recognise the effort.	
N	18 th November	NOTICING THE WORLD AROUND US	This week is all about teaching our children to look up and recognise the world around them.	I spy walks Litter picking Observation Books – new things/photos/drawings that children have seen/observed Focus on outdoor learning experiences
C	25 th November	COMMUNITY	We will be teaching the children to understand the term community and to identify different people in their community and the school community. They will identify ways in which they can help others in their community and to think about what it means to be part of a community and why it is important.	Community Challenge week – doing something to help someone in your community. Early Years – Georgian Court sing a long Choir competition in the competition Food to Agape
E	2 nd December	EMOTIONS	This week we will be teaching the children how important it is to recognise their emotions and the emotions of others around them. We will explain that when we understand how someone else feels we can show compassion. Do they stop and think about the feelings of your friends? Do they know when they are happy? Sad? Worried? Anxious? How many words can they come up with to describe their emotions? Why is it important to recognise their emotions and to be able to talk about them?	Christmas Games – enjoyment and caring Christmas Box Appeal – spread joy Infant Production – feel proud Reception Greggs – spread joy Christmas Lunch – being together 'Worry Box, Happy Can' – questions/comments to teacher Emotion faces – children to express their daily feelings