

# Resilience

practical tools for bouncing back

for secondary school



## Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



## Incursion Details

- \* Sessions are interactive and involve a variety of games, stories, discussion and multi-media
- \* Offering a range of options – from a single session to several sessions for the same or different groups
- \* Recommended duration is between 45 and 90 minutes – flexible to your timetable
- \* Follow-up lesson plans and resources for teachers are included
- \* Parent sessions are also offered on several topics including resilience & cyber-safety
- \* Costs are calculated on the number of sessions and location. Contact us for a quick quote.



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## Learning Focus

The **Resilience** incursion takes a positive approach to equipping students with coping strategies to deal with the various challenges they experience, both big and small. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop aims to provide practical tools that can encourage a growth mindset, skills to problem-solve, seek help where necessary and be proactive in helping others.

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified to extend the learning outcomes in the classroom over several weeks.

## Rationale

Many young people are faced with daily challenges of academics, peer-pressure, technology and self-worth. As a result, some can struggle to find healthy coping strategies which can lead to problematic outcomes. This workshop explores practical strategies regarding a growth mindset, increased self-awareness and to help students see the choices they are making regarding effective and ineffective actions.

## Key concepts covered in the session:

- What resilience is, why it is important, and that resilience is a skill we can learn
- Assessing our problems and how we can respond accordingly
- Exploring common thinking errors including catastrophising
- The science of how our brain (including the amygdala) responds to stress
- The need to delay gratification
- The importance of perseverance in achieving our goals
- How a supportive community is a big protective factor
- The need to focus upon what we can control and not on what we can't control
- How gratitude can change our attitude
- Encouraging students to take initiative, have empathy for others, think optimistically and set realistic goals
- Presenting strategies that enable conflict-resolution and communication skills
- Promoting the importance of values that inform our actions

## Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams	X		X
Personal Learning	Personal Learning	* The individual learner		X	X
		* Managing Personal learning		X	X
Civics & Citizenship	Civics & Citizenship	* Civics knowledge and understanding	X		X
		* Community engagement		X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
Thinking Processes	Thinking Processes	* Reasoning, processing & inquiry		X	X
		* Creativity, reflection & metacognition		X	X