

## Parent & Carer Guide



**“Life doesn’t get easier or more forgiving,  
we get stronger and more resilient.”**

Steve Maraboli

Promoting Emotional Health & Well-being

## BUILDING RESILIENCE



### Building Resilience

Resilience is a key factor in protecting and promoting good mental health. This whole school programme aims to look at ten different things that can help support children to develop resilience.

The programme will run over a three year period. Each theme is introduced with a launch assembly and the key messages are followed up in class activities and at follow up assemblies. A parent and carer information guide will be provided for each theme.

### How you can help:

Each theme has a 'Talk it Over' section to encourage you to share some of your life's learning with your child. There is also a related 'Family Activity' to support learning at home.

For further information please contact the school.