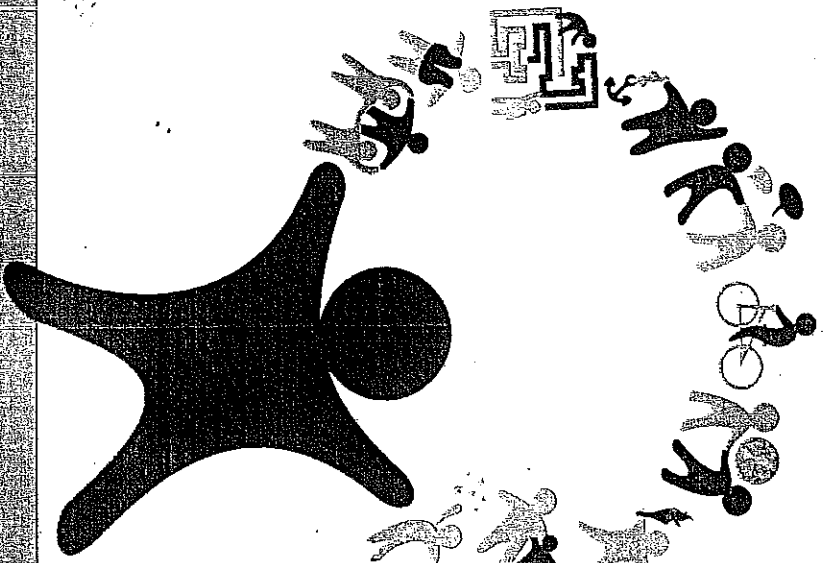


Parent and Carer Leaflet



BE RESILIENT

**'A boat is safe in the harbour,
but that's not what boats are for.'**

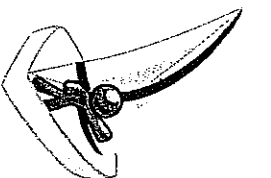
John A Sheedd

Promoting Emotional Health & Well-being

Be Resilient

Resilience is a key factor in protecting and promoting good mental health. While we can't always predict what life throws at us, the good news is there are a range of different skills, strategies and resources that can help us to cope.

In this unit, pupils will be introduced to a character called Skipper. Skipper is the captain of his boat which travels down the river of life. Like everyone he goes through various ups and downs on his journey.



On his way, Skipper will introduce the children to ten things that help us to navigate the river of life and support the development of resilience. These things include the importance of positive relationships and role models, the development of good social and emotional skills, participating in activities, having hobbies and interests and a sense of meaning and belonging.

In this unit, we will be learning that:

- Everyone goes through ups and downs in their life
- We can learn to be more resilient
- Resilient people cope better with difficulties

Talk It Over:

Share with your child an example of when you have gone through a difficult time. How did you feel? Who or what helped you to get through it?

Home Activity: *Not given out in block 1.*

Create a poster of someone who has come through a difficult time. Label your poster with things that have helped them get through difficult times. Please see the accompanying sheet for specific instructions for P1 to P7.

Key Book: *Oh, the Places You'll Go* by Dr Seuss