



GROW

Resilience Programme

The Grow Programme is 3 interactive sessions aimed at Year 5 students, exploring different aspects of building resilience. This programme gives children a basic understanding of resilience and a foundation of coping strategies, which we build on in later programmes in year 6 and secondary school.

Session 1: Managing emotions

This session introduces children to resilience and reminds them that emotions are helpful, normal and important. In this session we think about how emotions might affect us or feel in our body, to help us name and express them, and then look at some practical strategies for managing worry, anger and sadness in a positive way.

[Video Link](#)

[Teacher Guide Link](#)

Session 2: Dealing with change

This session provides children with some important strategies to manage situations of change. We will look at the importance of recognising and talking about emotions, acknowledging what we can and cannot control, and will leave children with the reminder that change is a normal and important part of life.

[Video Link](#)

[Teacher Guide Link](#)

Session 3: Dealing with disappointment

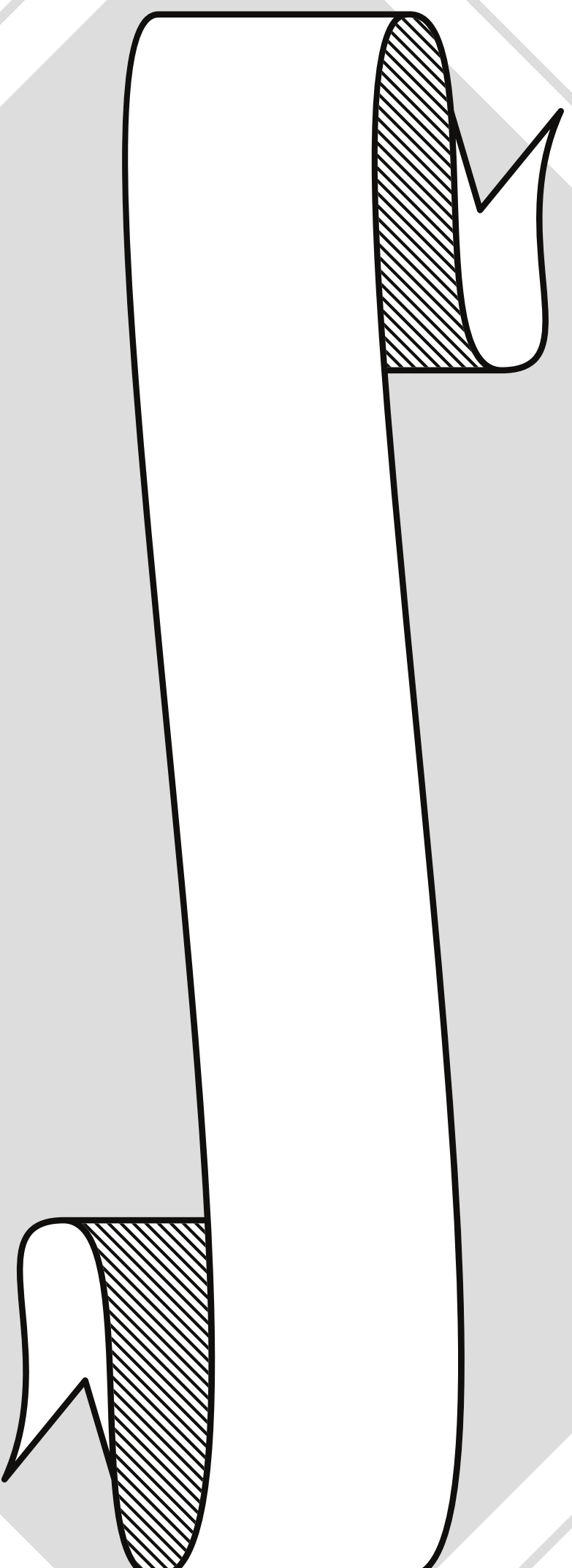
This sessions will remind children the importance of making mistakes if we want to learn and grow. We will then discuss the 4 Ps of coping with failure or disappointment – problem solving, positivity, perspective and perseverance.

[Video Link](#)

[Teacher Guide Link](#)

This session will finish with a recap of the programme and some key skills to take away. There is a certificate attached which can be printed and given to each child.

CONGRATULATIONS



For completing the GROW

resilience course with **Phase** 