

# **Building Resilience and Positive Wellbeing**

A large, gnarled tree with exposed roots on a rocky cliffside under a clear blue sky. The tree's roots are thick and twisted, extending across the face of the cliff. The foliage is dense and green, contrasting with the brown and grey tones of the rock. The sky is a clear, vibrant blue.

**Christ Church Hampstead Primary School**

**Parent/carer workshop**

**17/10/23**

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# Session Objectives

- Factors that can impact children's mental health and resilience
- How to recognise if your child is experiencing poor mental health or wellbeing
- Supporting children to manage uncertainty, embrace mistakes, and adapt their mindset
- Creating a home environment that promotes positive mental health, builds resilience and teaches children healthy coping strategies

# Welcome!

- Introductions
- What are you hoping to gain from the session?
- An example of a way your child demonstrates resilience





# Factors Impacting on Mental Health/Resilience

## Risk Factors

- ✗ Genetic influences
- ✗ Low IQ and learning disabilities
- ✗ Specific development delay
- ✗ Communication difficulties
- ✗ Difficult temperament
- ✗ Physical illness
- ✗ Academic failure
- ✗ Low self-esteem



Child

- ✗ Family disharmony, or break up
- ✗ Inconsistent discipline style
- ✗ Parent/s with mental illness or substance abuse
- ✗ Physical, sexual, neglect or emotional abuse
- ✗ Parental criminality or alcoholism
- ✗ Death and loss



Family

- ✗ Bullying
- ✗ Discrimination
- ✗ Breakdown in or lack of positive friendships
- ✗ Deviant peer influences
- ✗ Peer pressure
- ✗ Poor pupil to teacher relationships



School

- ✗ Socio-economic disadvantage
- ✗ Homelessness
- ✗ Disaster, accidents, war or other overwhelming events
- ✗ Discrimination
- ✗ Other significant life events
- ✗ Lack of access to support services



Community

- ✓ Secure attachment experience
- ✓ Good communication skills
- ✓ Having a belief in control
- ✓ A positive attitude
- ✓ Experiences of success and achievement
- ✓ Capacity to reflect

- ✓ Family harmony and stability
- ✓ Supportive parenting
- ✓ Strong family values
- ✓ Affection
- ✓ Clear, consistent discipline
- ✓ Support for education

- ✓ Positive school climate that enhances belonging and connectedness
- ✓ Clear policies on behaviour and bullying
- ✓ 'Open door' policy for children to raise problems
- ✓ A whole-school approach to promoting good mental health

- ✓ Wider supportive network
- ✓ Good housing
- ✓ High standard of living
- ✓ Opportunities for valued social roles
- ✓ Range of sport/leisure activities

## Protective Factors

# Signs of Poor Mental Health/Resilience



Feeling anxious  
or worried



Feeling depressed  
or unhappy



Emotional outbursts



Sleep problems



Weight or appetite  
changes



Quiet or withdrawn



Substance abuse



Feeling guilty or  
worthless



Changes in behaviour  
or feelings

- Difficult emotions are normal
- We must learn to process and deal with difficult emotions
- Over time we can equip our children with the skills they need to work through these emotions

# When should I be concerned?

If your child experiences:

- Persistent sadness that lasts two weeks or more
- Consistently withdrawing from or avoiding social interactions
- Hurting oneself or talking about hurting oneself
- Talk of death or suicide
- Frequent outbursts or extreme irritability

**Talk to your GP and school**

# How does it feel to be a kid sometimes?

World seems  
scary and  
big

Overwhelming

Situations seem  
uncertain/  
unpredictable

Not in control



# Building Resilience: Managing Uncertainty





# Self-Regulation

## 5 finger breathing

An easy breathing technique for kids

**Start here**  
Breathe in

**End here**  
Breathe out

trace with your finger as you slowly take deep breaths in and out

**Wellness**  
PEDIATRICIAN



## Mindfulness Breathing with Maya

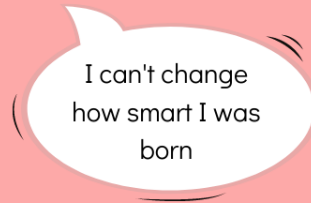
<p>Stop and smell the flowers</p>	<p>Blow out the candles</p>
<p>Blow on a pinwheel</p>	<p>Lazy eight breath</p>
	<p>Rainbow Breathing</p>

# Building Resilience: Coping with mistakes

## FIXED MINDSET

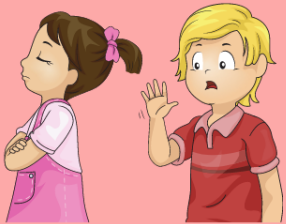


I already know it all



I can't change how smart I was born

I give up easily



I ignore useful feedback

I avoid things that require effort

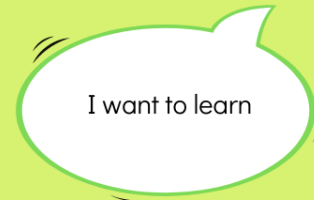


Mistakes and failure are bad so I avoid them

I won't ever be good at this

I don't need to practice

## GROWTH MINDSET



I want to learn

I learn from others



I can train my brain

I can work hard to get better at something



Mistakes are learning opportunities

I welcome and learn from feedback

I will keep trying



I want to be challenged

Growth Mindset - Carol Dweck

Why Failure is Great for Kids

Elmo - The Power of Yet

Gabby's Dollhouse - The Power of Yet



# Building Resilience: Positive Mindset

## Different Styles of Negative Automatic Thoughts (NATS)



### Mind-Reading

Assuming you know what others are thinking, usually something bad about you.



### Emotional Reasoning

Making feelings into facts - 'I feel bad so it must be bad!' or 'I feel anxious, so I must be in danger.'



### Overgeneralising

'I didn't finish the project on time, I'll NEVER get anything right.' If something bad happens once, you expect it to happen again and again.



### Catastrophising

Imagining and believing that the worst possible thing will happen 'I can't get on my bike because I'll definitely fall off and crash and end up in hospital' or 'If I tell Sarah I can't come out tomorrow she will hate me forever.'



### Compare and Despair

Seeing only the good and positive stuff in others, and comparing yourself negatively against them 'Wow, they are so talented/handsome/great at making cakes - I'm so crap compared to them.'



### Critical Self

Putting yourself down, self-criticism, blaming yourself for events or situations that are not (totally) your responsibility 'I am so rubbish at this' or 'It's always my fault that we get lost, I'm so crap at reading maps.'



### Shoulds and Musts

Thinking or saying 'I should' (or shouldn't) and 'I must' puts pressure on yourself, and sets up unrealistic expectations.



### Prediction

Believing you know what's going to happen in the future. 'There's no point going to the interview, I already know I'll mess it up.'



### Black and White Thinking

Believing that something or someone can be only good or bad, right or wrong, rather than anything inbetween or 'shades of grey'

## WAYS TO CHALLENGE NEGATIVE THOUGHTS

AM I JUMPING TO NEGATIVE CONCLUSIONS?

WHAT IS A MORE HELPFUL THOUGHT?

WHAT CAN I DO THAT WILL HELP ME SOLVE THE PROBLEM?

WHAT WOULD I SAY TO A FRIEND?

WILL THIS MATTER IN A FEW MONTHS OR YEARS?

WHAT ARE OTHER POSSIBLE OUTCOMES?

WHAT WOULD BE ANOTHER WAY TO LOOK AT IT?

# Building Resilience: Positive Mindset

## Boss That Thought

Be the boss of your negative thoughts.  
When your thoughts are too negative, tell  
them why they are wrong. Tell them  
another way to look at the problem.  
You are in charge of your thoughts!  
They are not in charge of you.



Social Emotional  
Workshop



# Building Resilience: Positive Affirmations

I am worthy and  
deserving of love and  
happiness

I trust in my abilities and  
potential

**DAILY**  
AFFIRMATIONS

I choose to focus  
on the good in  
my life

I am grateful  
for all I have

I am in control of my thoughts  
and emotions

I am exactly  
where I am  
supposed to  
be. ♡

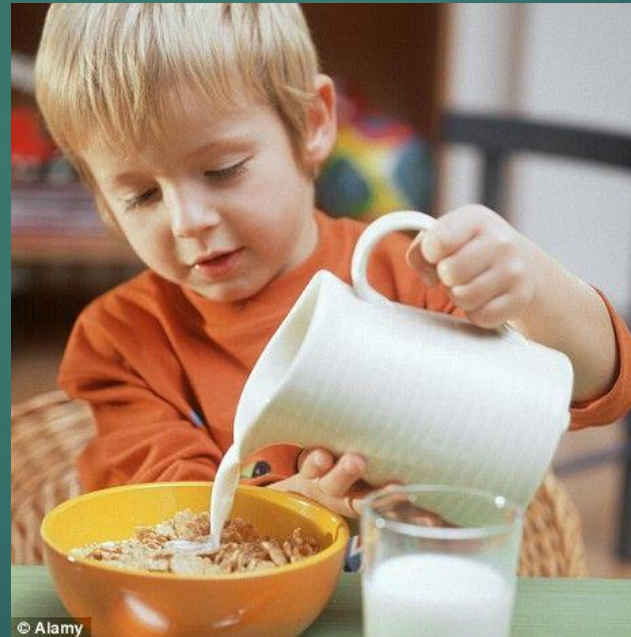
I am  
• enough  
• capable  
• strong ♡

# Building Confidence

Packing  
school bag



Making own  
breakfast



Remembering  
PE Kit

















# Developing Healthy Coping Strategies

## Coping Strategies Every Child & Teen Should Know

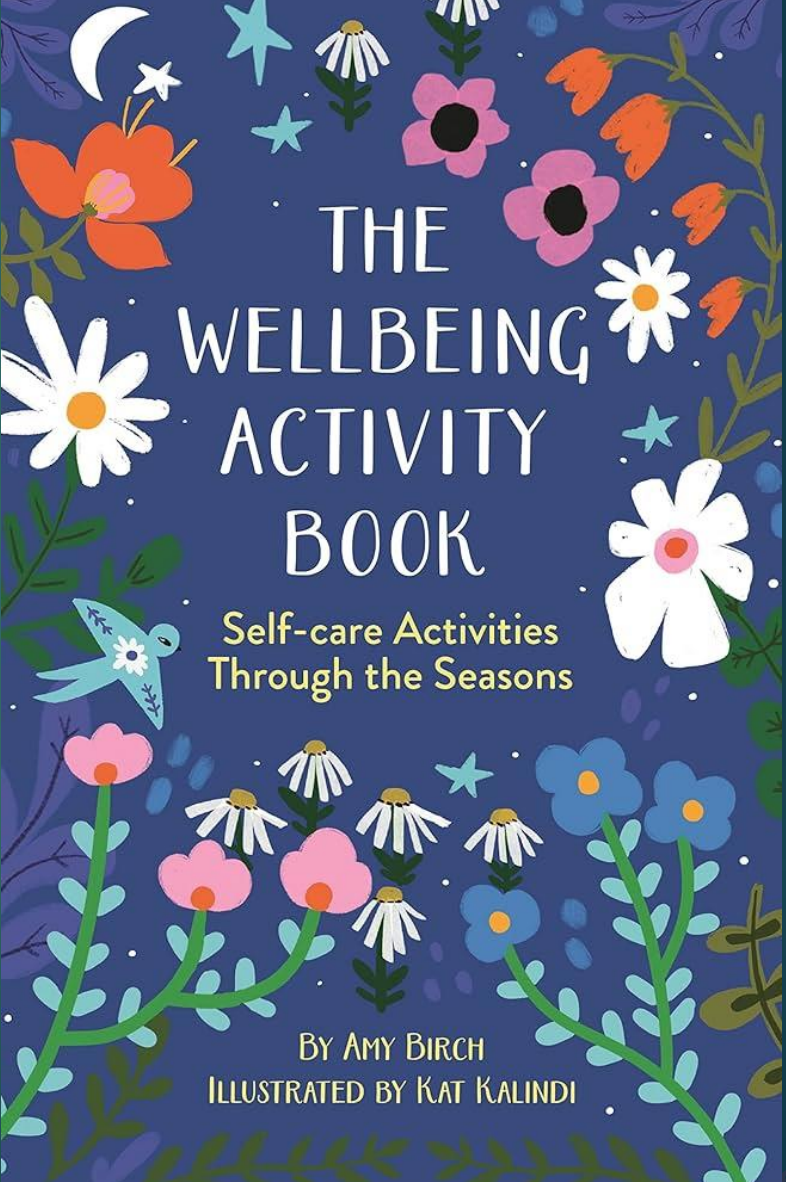
Pathway 2 SUCCESS  
Illustrated by Sarah Pecorino & Kate Hadfield  
www.thepathway2success.com

 <p>Practicing Mindfulness</p>	 <p>Exercising</p>	 <p>Checking in with Feelings</p>	 <p>Reading</p>
 <p>Coloring &amp; Drawing</p>	 <p>Making a Plan</p>	 <p>Talking with Someone</p>	 <p>Practicing Deep Breathing</p>
 <p>Writing in a Journal</p>	 <p>Listening to Music</p>	 <p>Unplugging from Technology</p>	 <p>Using Positive Self-Talk</p>

## THE WELLBEING ACTIVITY BOOK

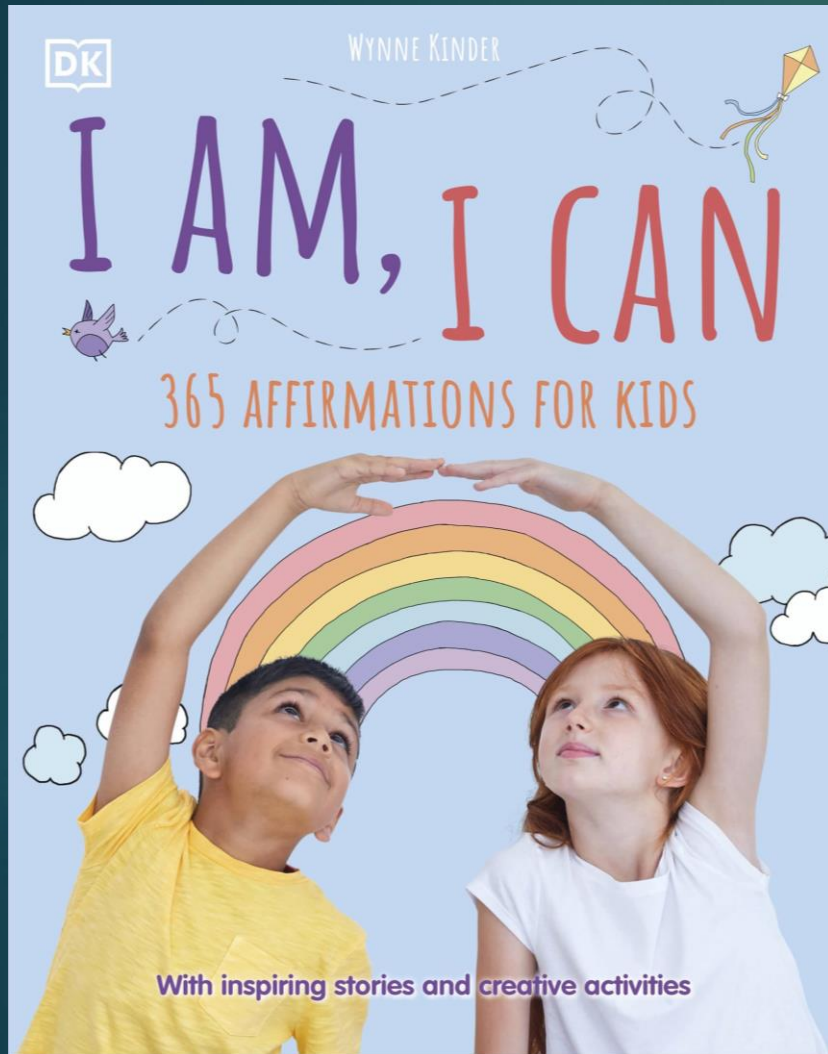
Self-care Activities Through the Seasons

BY AMY BIRCH  
ILLUSTRATED BY KAT KALINDI





# Resources/Books



Resilience Activities for Kids: Creative Ideas and Tips for Parents - They Are The Future

Parent Support Guide- Young Minds