

The Circus of Life

Primary School Resilience Twilight

What exactly were the kids up to today?

This twilight summarises the key information shared with the children earlier the same day.

Years 1 & 2 look at: Who is Important, Getting Bigger and Feelings

Years 3 & 4 look at: Who am I, Getting Bigger and Feelings

Years 5 & 6 look at: Resilience, Growth and Wellbeing

Description

Stress is the number one cause of illness for today's young people with 23% of teenagers suffering from a diagnosable mental health issue by the age of 18 - 20.

Sadly, the age at which illnesses such as depression, anxiety and eating disorders are suffered is dropping dramatically with reports of children as young as Year 2 being affected.

We are all living in an increasingly fast-paced environment with more and more demands being placed on our time and every aspect of our work being scrutinised relentlessly.

The workshops that we run for children are designed to equip them with age-appropriate tools for building resilience, understanding their place in the world, recognising and dealing with different feelings and, for the older students, a range of self-assessment techniques to encourage growth whilst being mindful of the balance in their lives.

This twilight session introduces staff to the tools and techniques taught.

Content

The workshop introduces staff to the techniques taught throughout the day.

They are shown the exercises but also given the theory behind each exercise so that the principles can be embedded in other ways throughout the school should they choose to.

It is also a Q & A session.

Benefits

Staff understand what the students have been taught in their respective workshops.

Staff can ensure ongoing implementation of the techniques taught.

Aims

To introduce staff to tools and techniques taught

To ensure follow through and implementation of tools and techniques

To offer a Q & A session

Learning outcomes

All staff understand the tools and techniques taught and can implement these in many ways throughout the school. A number of the techniques (particularly from the Year 5 & 6 session) are equally applicable to adults and staff will benefit directly and personally from this information.

