



Coronavirus toolkit #6: resources for building resilience

01/06/20

When we experience sudden or unsettling change, one thing that can help us cope is resilience. Resilience helps us deal with the emotions a new situation may cause, and helps us bounce back from difficulties we might encounter.

Being resilient is an emotional skill and is something we can develop and build, both as children and as adults. The resources in this toolkit are all about resilience and coping with change, which we hope will be useful for children, school staff and parents and carers alike.

As some schools prepare to see more pupils return this week, building and nurturing resilience will be more important than ever. We've rounded up guidance and practical activities to support you during this time.

Resources for children

These resources can be delivered by parents, carers or teachers.

Tools for managing emotions – Mentally Healthy Schools

These tools are designed to help children understand and manage their emotions and feelings, and stay calm and in control.

[Go to resource](#)

Resilience ladder – Mentally Healthy Schools

This resource helps children break down their goals into smaller, more achievable steps, and helps them develop a growth mindset.

[Go to resource](#)

Resilience – Premier League Primary Stars

A series of activities, which can either be used in the classroom or at home, teaching children about positive thinking and resilience through football.

[Go to resource](#)

Resilience game – Mentally Healthy Schools

This simple board game explores common scenarios that children may encounter in their day-to-day life at home or at school, and the resilience they may need for tackling them.

[Go to resource](#)

Building resilience – Sesame Street

This digital resource from US children's TV show Sesame Street is full of great videos, printable activities and useful tips for parents and carers.

[Go to resource](#)

Classroom activities

4 resilience building games for kids in primary school – Positive Psychology

Try these four simple games in your classroom, designed to help children build relationships and develop their resilience.

[Go to resource](#)

Top 10 tips for resilience - NHS Greater Glasgow and Clyde

Display this poster in your classroom to share some simple tips for resilience building with your pupils.

[Go to resource](#)

Building resilience assembly – Place2Be

Originally designed as an assembly for Children's Mental Health Week, this resource could also be used as a lesson teaching children about the importance of resilience.

[Go to resource](#)

Academic resilience audit tool – Young Minds

This audit is a simple tool intended to be used as a staff exercise, to promote discussion and reflective thinking about how to improve academic resilience in your school.

[Go to resource](#)

Resources for staff resilience

Teacher resilience during coronavirus school closures – British Psychological Society

A quick reference research guide with conversation starters to help promote teacher resilience during the pandemic.

[Go to resource](#)

Dealing with grief and loss – Education Support

Psychotherapist Ben Amponsah outlines ways teachers and education staff can manage feelings of grief and loss at this time of uncertainty.

[Go to resource](#)

Developing resilience - Mind

Useful, simple advice for adults on how to develop resilience and learn to cope with stressful situations.

[Go to resource](#)

Resources for parents

Change and loss activities – Partnership for Children

A set of simple, practical activities for parents to help their children explore their emotions during times of change and loss. Parents and carers may want to refer to our [guidance](#) when using these resources.

[Go to resource](#)

Building confidence and resilience - MindEd

Clear advice and signposting for parents and carers on helping children deal with change and difficult situations.

[Go to resource](#)

Helping children cope with change - Early Education

Early childhood is a time of constant change. This article is full of useful advice for parents and carers of young children on how to support them as they grow.

[Go to resource](#)

10 ways for parents to help their children cope with change - Young Minds

This poster shares 10 simple tips for parents and carers to help their children cope with change.

[Go to resource](#)

Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support

Childline - under 19s can call 0800 1111 for free support

Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice

YoungMinds Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm

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