

Resilience & Growth Mindset

RESILIENCE

The capacity to **prepare** for disruptions, **recover** from shocks and stresses, and **adapt** and **grow** from a disruptive experience.

#RebuildBETTER

Resilience

The capacity to recover quickly from difficulties
e.g. illness, failures

Tub thumping: “I get knocked down, but I get up again. You are never gonna keep me down”.

Don't let failure overcome you.

- Educator Booker T. Washington spoke about *resilience* when he said, “I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles overcome while trying to succeed.”

Resilience...

Enables children to emerge from challenging experiences with a positive sense of themselves and their futures.

Children who develop resilience are better able to face disappointment, learn from failure, cope with loss, and adapt to change.

We recognize resilience in children when we observe their determination, grit, and perseverance to tackle problems and cope with the emotional challenges of school and life.



RESILIENCE.

This, too,
shall pass.

Resilience

The road to resilience comes first and foremost from children's supportive relationships with [parents](#), teachers, and other caring adults.

Teachers are familiar with [growth mindsets](#), which is a way of thinking that helps children connect growth with hard work and perseverance. Simply put, it's a way of helping children believe in themselves

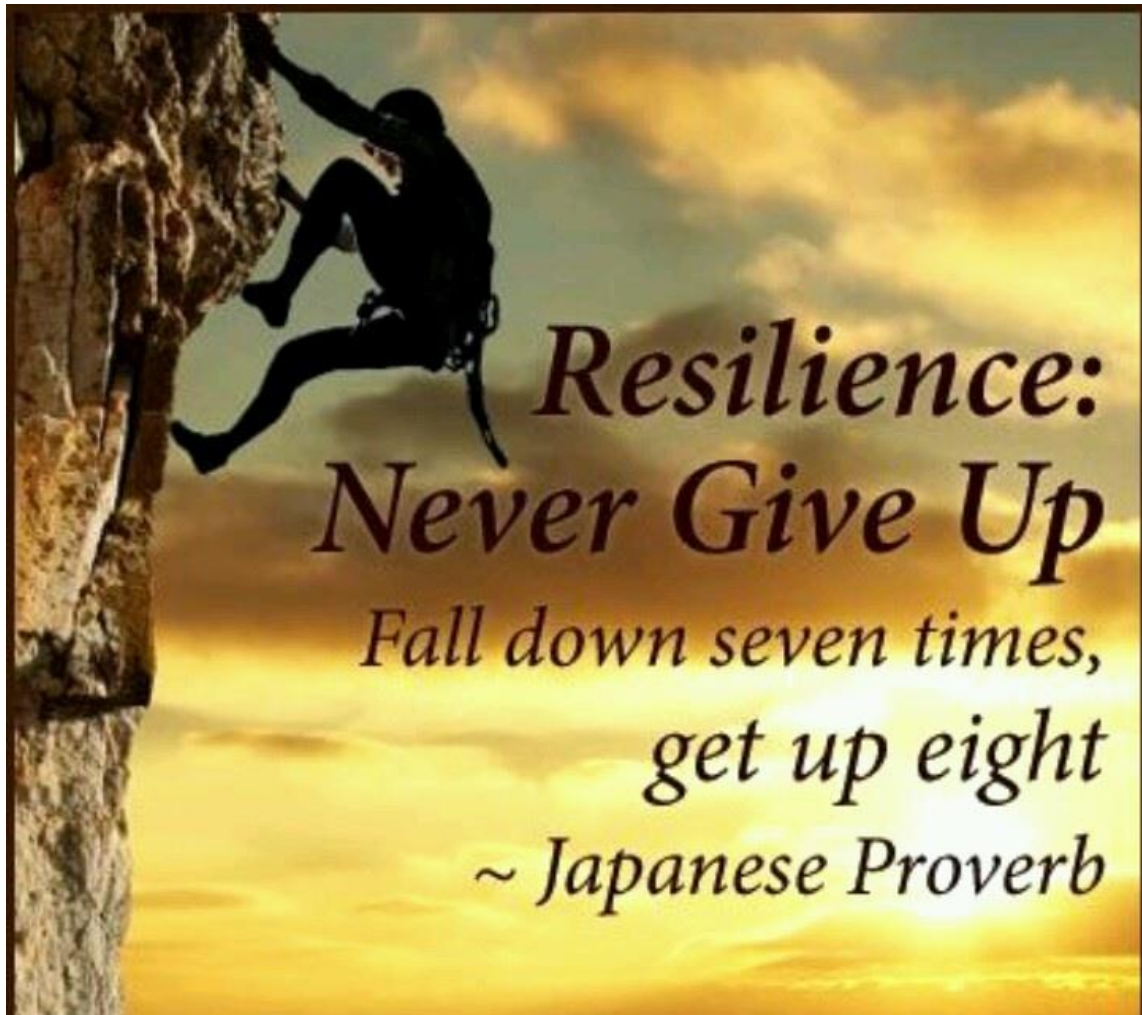
How to be resilient....

- Positive mental attitude
- Optimism
- Ability to regulate emotions
- Ability to see failure as helpful feedback



How we cultivate resilience at school

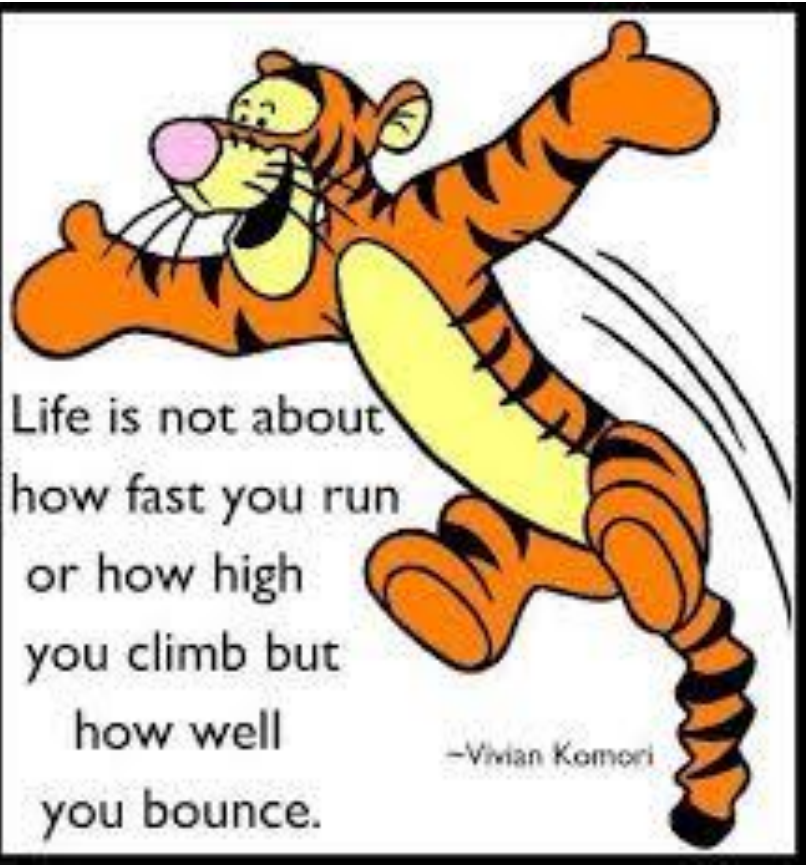
- Promote self-reflection
- Celebrate mistakes and how we learn from them.
- Discussions about successful individuals e.g. political leaders, scientists, literary figures, innovators, and inventors beyond what they accomplished to the personal strengths they possessed and the hardships they endured and overcame to reach their goals.
- Supportive relationships



*Resilience:
Never Give Up*

*Fall down seven times,
get up eight*

~ Japanese Proverb



Life is not about
how fast you run
or how high
you climb but
how well
you bounce.

-Vivian Komori

10 best phrases to teach resilience to your kids

1 

Goal
Humour

Phrase
"Come on, laugh it off"

2 

Goal
Contain thinking,
perfectionism and anxiety

Phrase
"Don't let this spoil everything"

3 

Goal
Distraction

Phrase
"Let's take a break"

4 

Goal
Handling worry and asking for help

Phrase
"Who have you spoken
to about this?"

5 

Goal
Offering hope

Phrase
"I know it looks bad now but
you will get through this"

6 

Goal
Positive reframing

Phrase
"What can you learn from this so
it doesn't happen next time?"

7 

Goal
Acceptance

Phrase
"Don't worry – relax
and see what happens!"

8 

Goal
Perspective

Phrase
"This isn't the end
of the world"

9 

Goal
Flexible thinking

Phrase
"You could be right. But have you
thought about ..."

10 

Goal
Taking action

Phrase
"What can we do
about this?"

Growth Mindset V Fixed Mindset

“Growth mindset” is the name given by psychologist Carol Dweck to the idea that intelligence can develop, and that effort leads to success.

People are divided according to what Dweck calls implicit theories of intelligence. If we think talent or braininess is innate and something we cannot change, we have a “fixed mindset” but if we believe our performance at school and in life can be changed by our attitude, and particularly by how we cope with setbacks, we have a “growth mindset”.

The Iceberg Illusion

Success is an iceberg



SUCCESS!

WHAT PEOPLE SEE



Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE



Dedication



Hard work



Good habits



@sylviaaduckworth

I CAN DEVELOP MY
ABILITIES

CHALLENGES
HELP ME GROW

FEEDBACK IS
CONSTRUCTIVE

EFFORT IS
NECESSARY

**GROWTH
MINDSET**



**FIXED
MINDSET**



EITHER I CAN DO IT
OR I CANT

I STICK TO WHAT I
KNOW

I DONT LIKE
RECEIVING FEEDBACK

IF I'M FRUSTRATED,
I GIVE UP

THE POWER OF YET!



I CAN'T
DO THIS...
YET

THIS DOESN'T
WORK...
YET

I'M
NOT GOOD
AT THIS...
YET

I DON'T
UNDERSTAND...
YET

I DON'T
KNOW THE
ANSWER...
YET

Growth Mindset

Failure is the most essential step to success

