



# Shalford Infant School

## Value of the Month

### Resilience

Definition of resilience: Always trying your hardest and not giving up, even when something is challenging

Resilience... don't leave home without it - you were born with bounce-back-ability!

It doesn't matter how slowly you go so long as you don't stop

Mistakes are proof that you are trying

Resilience means never giving up!



During our learning about resilience we will help the children to learn how to cope with mistakes and challenges, accept their own strengths and weaknesses and develop a growth mindset. (<https://www.youtube.com/watch?v=Y19TVbAa15s>)



Small steps to success!

#### Ways to be resilient:

- Be positive with yourself...I am good at.....
- Join in, try new things, have a go
- Accept that you will make mistakes as they are part of learning
- Give yourself time to think and try and learn
- Say 'I can't do this.....yet'

At home please take time to talk to your child about resilience and help them to practise ways to be resilient.