



Boldmere Values Newsletter



This half term's value is **Resilience**.

June 2022

Definition:

When we face challenges positively.

What does resilience look like?

People who are resilient:

- Bounce back from disappointment.
- Carry on against the odds.
- Put on a brave face.

People who are resilient realise:

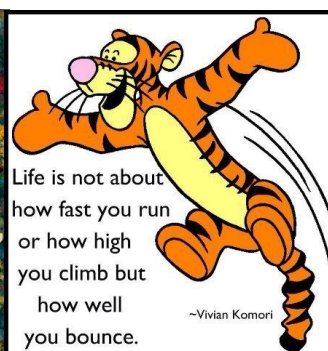
- You should focus on the future.
- Having a positive attitude helps you succeed.
- Not giving up helps you to feel proud of your achievements and yourself.

People show resilience by:

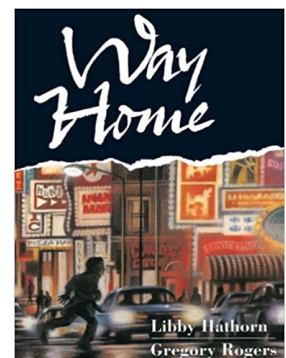
- Believing in themselves.
- Having a positive attitude.
- Persevering even when things get tough.

Related words or phrases:

- | | |
|----------------------------|---------------|
| flexibility | determination |
| perseverance | brave |
| staying calm | courage |
| keeping going | optimistic |
| positive mind set | adaptability |
| bouncing back | take a breath |
| learning from our mistakes | |



Books about resilience:



At school:

We started this half term with a whole school assembly to launch our value **resilience**. We thought about what resilience means and when we may need to resilient in school.

At home: Encourage one another to be resilient: discuss the benefits of not giving up and persevering, trying new things and keeping a positive mind set. Find out about success stories of people who failed or face challenges but never gave up(Steve Jobs, Walt Disney, Lionel Messi, J.K Rowling and Beyonce).

