



Boldmere Values Newsletter

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



June 2022

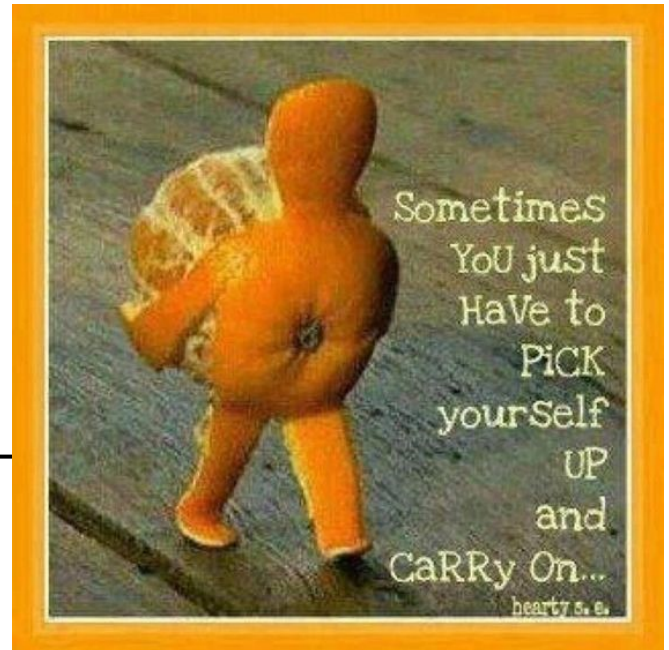
Definition:

When we face challenges positively.

Related words or phrases:

Flexibility
Staying calm
Keeping going

Bouncing back
Adaptability
Determination



What does resilience look like?

People who show resilience:

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

People who show resilience realise:

- You should focus on the future.
- Having a positive attitude helps you to 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.
- Bouncing back from disappointment.

At school:

Over the coming weeks we will be discussing what resilience means to the children and how it feels when we find something difficult. Children will work alongside their teachers to build a range of strategies to bounce back and keep going.

At home:

Encourage one another to be resilient, talk about the benefits of not giving up and persevering.

Find out about and discuss success stories of people who never gave up (sports personalities, Steve Jobs).