

**BEING**

**DOING**

**BECOMING (outcome)**

(I AM)



I Become = Resilience Outcomes

**PRINCIPLES**

- taught (teacher) & caught
- curricular & cross curricular
- universal & targeted groups
- classroom, whole/school, family/community
- SAFE approach
- formative assessment
- child-centered
- child, teacher & parent resilience
- inclusive & culturally responsive
- evidence based
- European identity & diversity

**RESILIENCE CURRICULUM**

(Increasing Protective & Enabling Factors/  
Reducing Risk Factors)

**DIRECT-Skills (Taught)**

**INDIRECT-Processes (Caught)**

Resilience Curriculum (specific curriculum)

Cross-Curricular (Curriculum)

Classroom Climate & Relationships, Teacher Behaviour, Attitudes & Creativity

Whole School

Family

Community

Teacher Training

Teacher Resilience

INSET

Whole School Policy

Engagement & Education

Family Resilience

Engagement

Resilience

**Child Wellbeing & Resilience**



**CRITICAL VARIABLES FOR TEACHERS** (to be taken into consideration in training of teachers)

1. Knowledge & Attitude about importance of resilience
2. Belief in Power to influence child in a positive way, mutual influences
3. Teacher's competence in pedagogy promoting resilience directly and indirectly
4. Knowledge and confidence to manage classroom effectively
5. Teachers' relationships with pupils and colleagues
6. Classroom climate promoting caring, quality relationships: safe & secure base promoting sense of belonging/community
7. Whole school climate promoting caring, quality relationships and mutual responsibility
8. Experiential learning through play and art promoting positive emotions
9. Awareness and management of own social emotional competencies