





RESCUR is a three year LLP Comenius project (2012-2015) aimed to develop a resilience curriculum for early and primary education in Europe.

THEMES

1. DEVELOPING A GROWTH MINDSET

Positive and optimistic thinking
Positive emotions

2. BUILDING ON STRENGTHS

Positive self-concept and self-esteem

Using strengths in academic and social engagement

3. DEVELOPING SELF DETERMINATION

Problem solving

Empowerment and autonomy

4. ENHANCING COMMUNICATION SKILLS

Effective communication

Assertiveness

5. BUILDING HEALTHY RELATIONSHIPS

Healthy relationships

Cooperative skills, empathy and moral reasoning

6. TURNING CHALLENGES INTO OPPORTUNITIES

Dealing with adversity and setbacks

Dealing with rejection

Dealing with loss

Dealing with family conflict

Dealing with bullying

Dealing with change and transition

PORTUGAL

Otpornost

Reżiljenza

Resiliência

Kimmoisus

Veerkracht

Resilienza

Ψυχική Ανθεκτικότητα

STRUCTURE

The programme consists of 4 manuals:

- Teachers' Manual Early Years (4-5 years)
- Teachers' Manual Early Primary School Years (6-8 years)
- Teachers' Manual Late Primary School Years (9-11 years)
- Parents' Manual (Early Years-Primary School)

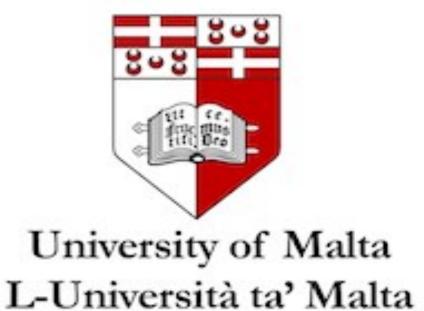
Programme special features:

- Storytelling activities
- Mindfulness activities
- Practical, multisensory activities
- Mascots & original musics
- Learner's Portfolio
- Take home activities
- Teacher and self-assessment checklists

GREECE



COORDINATOR:



PARTNERS:





SWEDER

ITALY





