



**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

Otpornost  
Reziljenja  
Resiliência  
Kimmoisuus  
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



COORDINATOR:

PARTNERS:



SVEUČILIŠTE U  
**ZAGREBU**



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