

BEING

DOING

BECOMING (outcome)

(I AM)

Developmental & Situational  
Challenges

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)

Resilience  
Curriculum  
(specific  
curriculum)

Cross-  
Curricular  
(Curriculum)

Classroom  
Climate &  
Relationships,  
Teacher  
Behaviour,  
Attitudes &  
Creativity

Teacher  
Training

Teacher  
Resilience

Whole  
School

INSET

Whole  
School  
Policy

Family

Engagement  
& Education

Family  
Resilience

Community

Engagement

Community  
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