

## The Resilience Program at Camelot Rise Primary School

Camelot Rise Primary School is committed to fostering our student's social and emotional well-being. That's why we implement **The Resilience Project**, an evidence-based program designed to support children in developing essential skills to navigate life's challenges with confidence and positivity.

### What is The Resilience Project?

The Resilience Project focuses on three key pillars that research shows contribute to greater happiness and resilience:

- ◆ **Gratitude** – Encouraging students to focus on the positives in their daily lives.
- ◆ **Empathy** – Teaching students to be kind, compassionate, and understanding of others.
- ◆ **Mindfulness** – Helping students develop strategies to manage stress, stay present, and regulate emotions.

Students learn practical strategies to improve their emotional resilience and overall well-being through engaging classroom lessons, storytelling, activities, and reflections.

### How is the Program Delivered?

At Camelot Rise, The Resilience Project is embedded into our curriculum through:

- ✔ **Weekly lessons** designed to build emotional intelligence and resilience skills.
- ✔ **Class discussions and reflections** that encourage positive thinking.
- ✔ **Mindfulness activities**, including breathing exercises and guided relaxation.
- ✔ **Journaling exercises**, where students record things they are grateful for.
- ✔ **School-wide initiatives** promoting kindness, gratitude, and emotional awareness.

### How Can Parents Get Involved?

Building resilience is a **team effort**; we encourage parents to reinforce these skills at home. Here's how you can support your child's learning:

- 💡 **Model gratitude** – Encourage your child to talk about the positives in their day.
- 💡 **Practice mindfulness** – Try relaxation techniques together, like deep breathing or mindful walks.
- 💡 **Encourage empathy** – Discuss kindness and ways to support others in daily life.

We also provide **parent resources** and updates to help families integrate resilience-building strategies into everyday routines.

### A Stronger, Happier School Community

Working together can create a **supportive, positive, and resilient** school community where every child feels empowered to handle life's ups and downs.