Resilience
A learning disposition

The habit of persisting with difficulty – bounce-back ability

**Effective Learners** like a challenge, and are willing to ‘give it a go’ ….. They accept that learning is sometimes hard for everyone, and are not frightened of finding things difficult. They have a high level of ‘stickability’ ….. They are able to ‘hang in’ with learning even though they may, for a while, feel somewhat confused or even anxious. They do not mind making mistakes every so often, and can learn from them.’ Crick, 2007

1. Absorption
   Engage and be interested and absorbed in learning
   Enjoy learning and want to learn more

2. Managing Distractions
   Know your best conditions for learning. Recognise and reduce distractions

3. Noticing
   Observe all the details about things and experiences.
   Look for patterns

4. Perseverance
   Stickability, have a ‘can do’ attitude, keep going when things get difficult, overcome barriers and look for solutions

Building Resilience

- Identify how you are feeling and control your emotions
- Take time to think about your actions and decisions. Manage uncertainty.
- Look for positives and be optimistic
- View problems from all angles. Consider all the factors. Have stuck strategies
- Understand how others feel and collaborate
- Know your own strengths and use them to help you in difficulties
- Take learning risks and try new things

Creating Resilience

- Use challenging questions and enquiry
- Allow children to explore their interests
- Raptometer: measure the absorption scale
- Make a list of ways to manage distractions
- Use music to create a calm environment
- Create games and activities to practise noticing
- Notice and praise positive behaviours
- Create ‘Stuck Posters’
- Use difficulties as learning opportunities
- Set tasks for challenge and perseverance
- Reflect on stickability for learning assemblies

What children learn best from are slightly difficult tasks which they have to struggle through. Knowing they can cope with difficulties is what makes children seek challenges and overcome further problems *Carol Dweck*