

## **Building resilience around young people – easy read guide**

### **What is resilience?**

- **Academic buoyancy:** Coping with everyday school challenges (deadlines, tests).
- **Resilience:** Adapting and recovering from major adversity (bereavement, illness, bullying).

### **Why does it matter?**

- Resilience helps children manage stress, learn from setbacks, and thrive.
- It's built on **safety, belonging, and trust**—not just “toughening up.”

### **Key principles for professionals:**

- **Meet basic needs first:** Food, safety, belonging, esteem.
- **Spot early signs:** Withdrawal, irritability, drop in engagement.
- **Boost protective factors:** Trusted adults, peer connections, predictable routines, safe spaces.

### **Practical strategies:**

- Create calm spaces and teach routines.
- Use micro check-ins and shared emotion vocabulary.
- Mentor and coach emotions—validate feelings, guide problem-solving.
- Model resilience and growth mindset—mistakes = learning.

### **Co-regulation & emotional regulation:**

- Adults help children manage emotions before they can self-regulate.
- Teach coping strategies (breathing, reframing, movement).

### **Culture shift:**

- Co-produce goals with young people.
- Embed resilience language in everyday practice.
- Prioritise relationships over compliance.

### **Support available:**

School and Community Teams (SCT) offer 1:1 work, group sessions, CPD, and resilience-building interventions: <https://www.schools.norfolk.gov.uk/article/70001>

