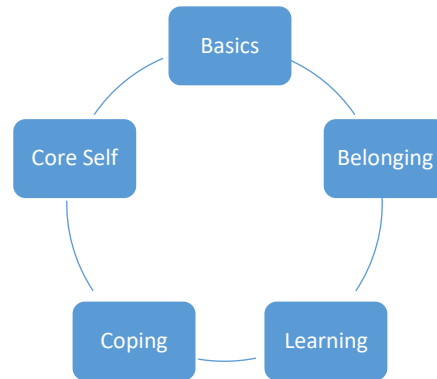




The Five Areas of 'The Resilience Framework'



Five Ways to Wellbeing

- Be Active
- Connect
- Take Notice
- Give
- Keep Learning

EYFS

- Playfulness and Sensory/Outdoor Play
- Daily Mile/Fitness Circuits
- Yoga
- EYFS home/setting visits
- Transition Meetings

Staff Wellbeing

- Schools Advisory Service Wellbeing Support
- Wellbeing Day
- Staff Wellbeing Events
- Staff development to support their own wellbeing and that of students.

KS1

- Unrushing and Stillness
- Art and Creativity
- Understanding Emotions and using Emotional Vocabulary
- Self regulation and Organisation
- Mindfulness
- Fitness Circuits
- Relax Kids
- Yoga Club

WHOLE SCHOOL

- Leadership and management that supports and champions efforts to promote emotional health and wellbeing.
- Curriculum, teaching and learning to promote resilience and support social and emotional learning.
- Targeted support and appropriate referral.
- An ethos and environment that promotes respect and values diversity.
- Dedicated Wellbeing Day/Week.
- Working in partnership with parents.
- House System.
- Anna Freud INSPIRE Project - Education for Wellbeing Research.
- Gratitude and Random Acts of Kindness.
- Courtyard and Quiet Garden Wellbeing Spaces.

KS2

- Understanding your Brain
- Growth Mindset
- Cognitive Behavioural Therapy
- Healthy Minds and Coping Skills
- Relaxation and Mindfulness Techniques
- Fitness Circuits
- Secondary Partnerships
- Vulnerable Pupil Transition
- SMART MOVES Year 6 Transition
- Yoga Club