

# What's it all about?

## Definition

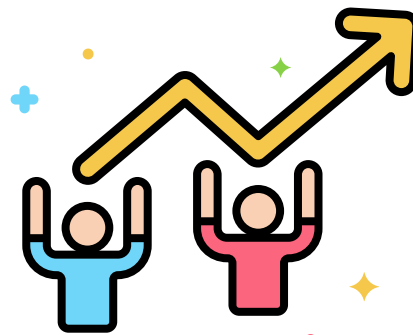
Children who are resilient are able to overcome challenges and barriers that get in their way and do not give up. Children learn resilience from those around them, how they interact with the children, the level of resilience that is role modelled to them, and feedback they are given during their efforts.



## What it is not

Resilience is not something that children just know how to do, it is something that has to be supported and nurtured. Resilience is also not something you can plan for, but need to be on the look out for.

## Resilience



## Supports

### NQS -

1.2.2 - Responsive teaching, 5.1.1 Positive educator to child interactions

### Learning\_

### Framework -

Outcome 1.2 Children develop their emerging autonomy, inter-dependence, resilience and agency

## How to achieve it



Support children to learn resilience through offering them feedback on their efforts and praising their attempts to help them feel confident in their abilities and be able to learn from their mistakes.



Explore how resilient educators are and how they role model this to the children through their own actions, behaviours and responses to any challenges that come their way, including reflecting on the impact this can have on children.



Remember Vygotsky's Zone of Proximal Development when thinking about the challenges you provide children, not too challenging and not too simple to support resilience.