

# The Resilient Classroom Resource

 [boingboing.org.uk/the-resilient-classroom-resource](http://boingboing.org.uk/the-resilient-classroom-resource)

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## The Resilient Classroom a resource pack for tutor groups and pastoral staff

### Contributors

This resource was written by Sam Taylor and Angie Hart with Hove Park School. Lisa Williams and YoungMinds also supported its development.

### About the resource

This resilience resource was created and developed to provide practical help for tutors and other pastoral staff and is suitable for use in the tutor group setting. It supports the tutor group structure and helps build relationships between tutors and students. Students and heads of years have been involved, through consultation and participation, in providing useful and appropriate exercises. The resource provides activities tutors can use in tutor time sessions to promote and encourage students to feel more resilient. The activities are based on the Resilience Framework, developed by Professor Angie Hart et al (see below) to help children cope with day-to-day situations where they need to develop more resilience. By encouraging tutor group students to try out these activities we are hoping that students may be able to better cope with the challenging aspects of school and day-to-day life.

### Aim

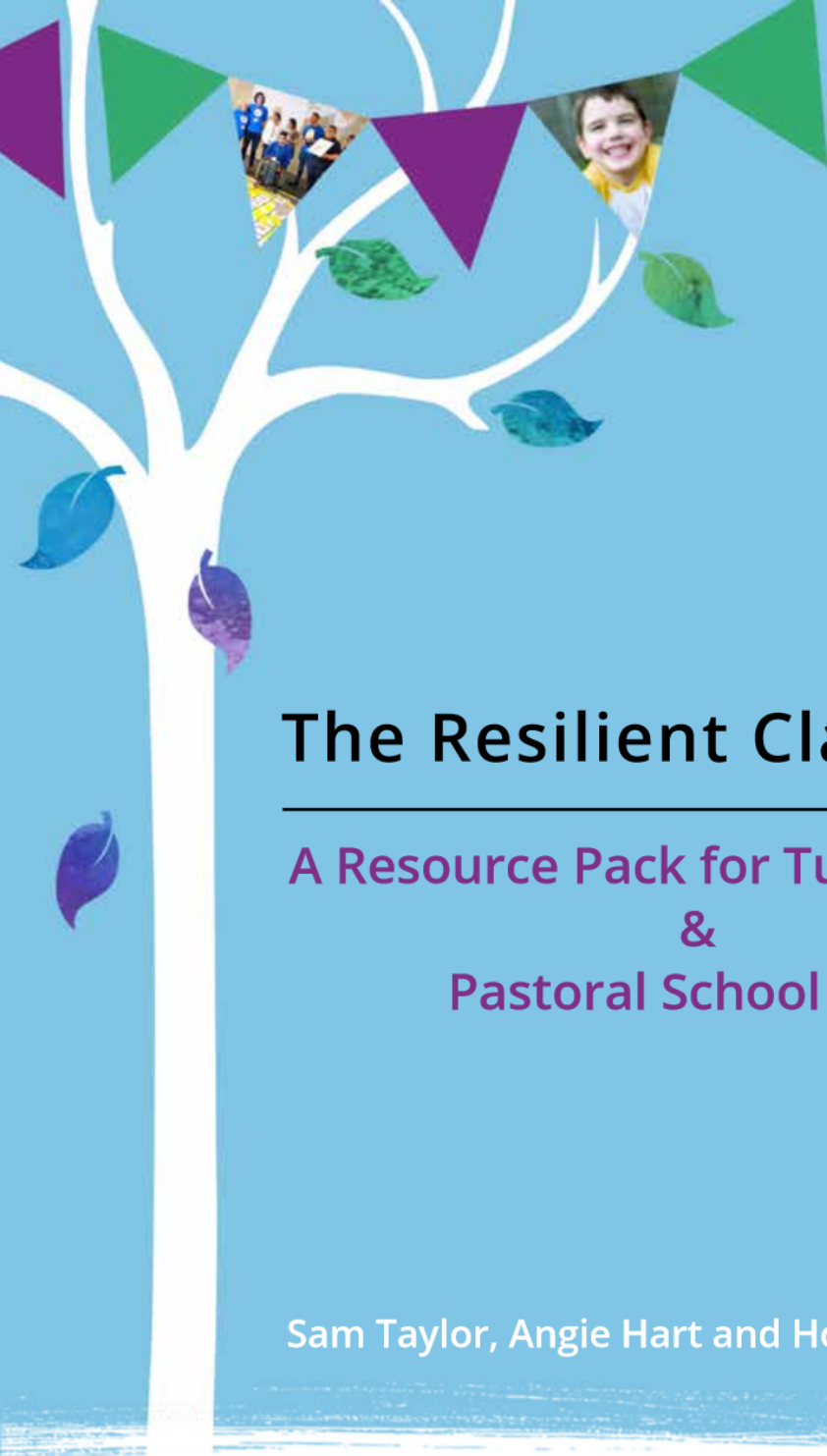
The aim of this resource is to provide tutors with an informative and practical resource which will support them in their role in building student resilience. It will help them:

- Achieve positive relationships with students y Build understanding and knowledge of students' individual strengths and challenges, hopes and aspirations.
- Support students to develop resilience in a way which is appropriate to their individual circumstances.

[Download in English \(PDF\)](#)

[Download Malaysian Version \(PDF\)](#)

[Download accompanying slide pack \(PDF\)](#)



# The Resilient Classroom

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## A Resource Pack for Tutor Groups & Pastoral School Staff

Sam Taylor, Angie Hart and Hove Park School



**University of Brighton**  
Centre of Resilience for Social Justice

**Academic  
Resilience**  
*Beating the odds for better results*

Resilience Framework (Children & Young People) Oct 2015 – adapted from Hart & Blincow 2007 <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a>					
SPECIFIC APPROACHES	BASICS	BELONGING	LEARNING	COPING	CORE SELF
	Good enough housing	Find somewhere for the child/YP to belong Help child/YP understand their place in the world	Make school/college life work as well as possible	Understanding boundaries and keeping within them  Being brave	Instil a sense of hope  Support the child/YP to understand other people's feelings
	Enough money to live	Tap into good influences Keep relationships going	Engage mentors for children/YP	Solving problems	
	Being safe	The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
	Access & transport	Take what you can from relationships where there is some hope		Fostering their interests	
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calm down & self-soothing	Help the child/YP take responsibility for her/himself
	Exercise and fresh air	Responsibilities & obligations Focus on good times and places	Highlight achievements	Remember tomorrow is another day	Foster their talents
	Enough sleep	Make sense of where child/YP has come from		Lean on others when necessary	
	Play & leisure	Predict a good experience of someone or something new	Develop life skills	Have a laugh	There are tried and tested treatments for specific problems, use them
	Being free from prejudice & discrimination	Make friends and mix with other children/YPs			
NOBLE TRUTHS					
ACCEPTING	CONSERVING	COMMITMENT	ENLISTING		

## The Boingboing Resilience Framework

The Resilience Framework is a handy table that summarises ‘what works’ when supporting children and young people’s resilience according to the Resilience Research base. The Resilience Framework forms a cornerstone of our research and practice. On this page we have pulled together lots of useful links so you can find out all about the Resilience Framework.



## Academic Resilience resources directory

Here you can download the Academic Resilience Approach resources to help any school establish systems to build ‘resilience approaches’ that support disadvantaged pupils over time through a whole school approach. All the Academic Resilience Approach resources are free to download.

Resilience Framework (Children & Young People) Oct 2012 - adapted from Hart & Blincow 2007 <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a>					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong Help child/YP understand their place in the world	Make school/college life work as well as possible	Understanding boundaries and keeping within them  Being brave	Instil a sense of hope  Support the child/YP to understand other people's feelings
	Enough money to live	Tap into good influences	Engage mentors for children/YP	Solving problems	
	Being safe	Keep relationships going The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
	Access & transport	Take what you can from relationships where there is some hope		Fostering their interests	
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calm down & self-soothing	Help the child/YP take responsibility for her/himself
	Exercise and fresh air	Responsibilities & obligations Focus on good times and places	Highlight achievements	Remember tomorrow is another day	Foster their talents
	Enough sleep	Make sense of where child/YP has come from		Lean on others when necessary	
	Play & leisure	Predict a good experience of someone or something new	Develop life skills	Have a laugh	There are tried and tested treatments for specific problems, use them
	Being free from prejudice & discrimination	Make friends and mix with other children/YPs			
	NOBLE TRUTHS				
	ACCEPTING	CONSERVING	COMMITMENT		ENLISTING

## **Resilience Framework for Children and Young People – Black and White**

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This is the classic Resilience Framework for children and young people produced in black and white in case you, or the young people you support, prefer to colour code it yourselves, or don't have access to a colour printer. The Resilience Framework sets out 42 resilient moves that can be made to support children and young people's resilience.



## **Blackpool ReMiT: Resilient Minds Toolkit – A resilience and mental health guide for parents and carers in the Blackpool area**

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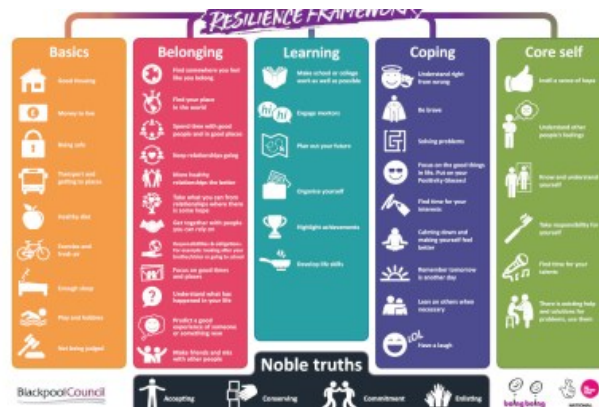
Blackpool Resilient Minds Toolkits are co-produced guides written by young people and parents/carers in Blackpool to support their resilience and mental health. You can download both ReMiT guides here as well as take part in the ReMiT feedback survey.



## **ReMiT: Resilient Minds – Mental health toolkit for young people and toolkit for parents and carers**

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The Resilient Minds Toolkits are co-produced guides written by young people and parents/carers to support young people's resilience and mental health. We have co-produced guides for both a Blackpool context and a national context. Find out more here.



## Resilience Framework Co-produced with Children in Blackpool

The Resilience Framework for Primary School children was co-produced by the Resilience Committee at Marton Primary School, Blackpool. The Marton Primary School children learned some valuable resilience and technological skills during the process, which involved rewording some of the items in a more meaningful way for the children, and we think it looks fab! Also available in Danish, German and Polish.

	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and benefits within them	Build a sense of hope
	Enough money to live	Help child/YP understand their place in the world		Being brave	Support the child/YP to understand other people's feelings
	Being safe	Take into account influences	Engage teachers for children/YP	Dealing problems	
	Being safe	Keep relationships going		Putting on more difficult problems	Help the child/YP to know themselves
	Access to transport	The more healthy relationships the better	Plan and plan better	Pushing their interests	
	Healthy diet	Take what you can from relationships where there is some love		Calming down & self-compassion	Help the child/YP take responsibility for themselves
	Exercise and being fit	Get together people the child/YP can count on	Help the child/YP to become confident	Remember someone is another day	Explore their beliefs
	Enough sleep	Responsibilities & obligations	Highlight achievements		
	Play & leisure	Focus on good times and places	Develop the skills	Look on others when necessary	There are kind and loved teachers, for specific problems, use them
	Being free from prejudice and discrimination	Make sense of others child/YP has come from		Have a laugh	
NOBLE TRUTHS					

## Interactive Resilience Framework

The Interactive Resilience Framework was developed especially for schools with children and young people in mind and has more detail about each idea, including relevant research evidence, suggestions of what to do, and what you people themselves think.



## The Academic Resilience Approach



Our resources help any school establish systems to build 'resilience approaches' that support disadvantaged pupils over time through a whole school approach. Benefitting all pupils and increasing academic resilience, the ARA helps everyone in the school community play a part.



## **Supporting children and young people's mental health – A guide for schools**

Supporting children and young people's mental health: A guide for schools using a resilience based approach, and Supporting children and young people's mental health during Covid-19 pandemic: A supplementary section.

Resilience Framework (Oct 2012) – adapted from Hart & Blincow 2007 <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a>					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES					
NOBLE TRUTHS					
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## **Blank Resilience Framework**

This version of the Resilience Framework has been left blank so you can fill in your own items. The Resilience Framework summarises a set of ideas and practices that promote resilience. To create it we distilled what the resilience research base said into a handy table that summarises our approach and sets out 42 resilient moves that can be made to support children, young people, families and adults.