

Basics

In order to encourage your students to be more resilient it is important that some basic structures are put in place.

Good enough housing

Never underestimate the impact the class environment can have on a student's ability to learn, cope and feel resilient. Try and make the classroom and the wider school environment safe, accessible, comfortable and welcoming. Encourage students to gain ownership over their tutor room and make their tutor room a sanctuary.

Enough money to live

Helping students understand the value of money and how money can make a difference to a student's quality of life. Managing money is a skill which students are often not taught. Understanding and being able to cope with budgeting can help students cope better with stress and increase their levels of resilience.

Being safe

As a tutor one of your roles is to encourage your students to feel safe and learn to manage the risks of being in school and the big wide world. Encouraging them to identify where they feel safe and unsafe and looking at ways this can be changed can help a student feel more resilient.

Transport and access to places and things

Travelling to and from school can be a good or bad experience. If the student's experience is bad then it can affect their school day, their ability to learn and concentrate as well as to cope with the challenges of being in school. As a tutor helping students to look at how their travelling experience could be improved and strategies on how they could make their journey better can help students feel more resilient.

Healthy diet

Food is very important to a student's wellbeing. It can affect their moods, behaviours and their ability to learn. Encouraging students to explore their eating habits can help them change their beliefs about food and can increase their resilience and wellbeing.

Exercise and fresh air

Students today spend more time doing inactive things like playing computer games, texting and watching TV. Regular exercise and being out in the fresh air can improve their mood, help them forget about the stresses of school and build a sense of achievement.

Enough sleep

Students often do not get enough sleep and find it hard to relax. Encouraging students to think about why sleep and relaxation is important can help them see that it can affect the way they feel, their ability to learn and cope with stress and has an impact on their levels of resilience.

Play and leisure

Play and leisure is an essential part of growing up. Access to open spaces, free play and leisure opportunities help improve students' wellbeing. It enriches their development in all sorts of ways: socially, physically, intellectually, culturally and emotionally.

Being free from prejudice and discrimination

Encourage students to discuss what prejudice is and discrimination and what are the effects are on a person who has been bullied. Encourage them to explore how they could cope and deal with situations where they are experiencing prejudice and discrimination.