



Resilience

At Birchwood Avenue Primary School, we believe that resilience is when we learn from our 'mistakes' and have to rethink an aspect of our learning to improve; resilience is about picking ourselves up after a setback and being able to give it another go. When we believe we are worthy and capable of overcoming challenges to succeed, we make progress. Resilience helps us to be the best learners we can be and therefore this makes resilience a 'superpower'.



To allow us to have the 'superpower' resilience, we must think about how we must first be:

- aware of our emotions and be able to cope with them
- control our impulses
- optimistic
- able to find solutions and be able to problem solve
- independent/
- able to believe in ourselves
- positive in our mind-set