Developing Self-Esteem and Resilience:

Timing & Delivery

Timing:

This unit can be taught at any time in KS3. It would need to be modified for KS4.

How can it be used?

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| PSHE unit for a whole year group | Y |
| Part of a planned programme of targeted behaviour support for Year 7 | Y |
| As a short stand-alone intervention for students struggling with transition | Y |
| As a short stand-alone intervention for students struggling with self-esteem and resilience | Y |
| With some modification: Part of an individual / small group mentoring programme for students | Y |

Groups of students who could benefit

|  |  |
| --- | --- |
| Students with low self-esteem and poor resilience | Y |
| A whole year group as part of a sustained transition programme | Y |
| Students who present with challenging behaviour | Y |
| Students who are struggling with transition and who need a space to discuss their issues | Y |

Opportunities for trips / curriculum enhancement:

* The concepts in this unit need to be revisited many times before they become embedded behaviour. It is helpful if everyone in the school can be encouraged to use positive language around failure.