

The Penn Resilience Programme

18 lessons taught in Year 7

Training requirement: 5 days

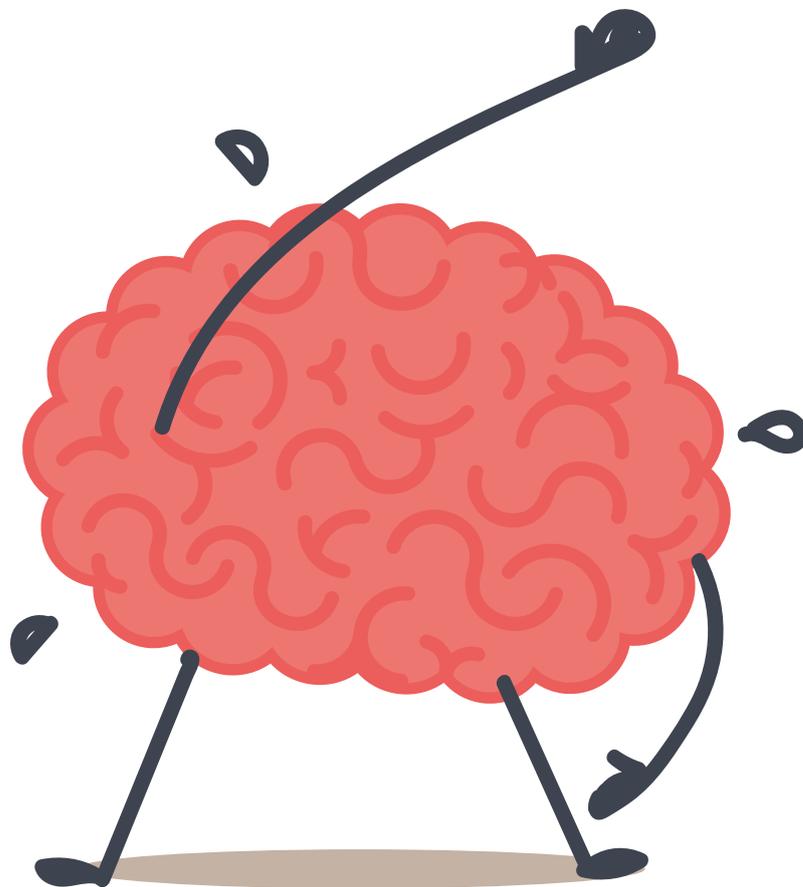
These lessons provide foundational skills, techniques and strategies that enable students to learn and develop the tools for life that will empower them to deal with setbacks and focus and thrive in difficult times both in and out of school.

The Penn Resilience Programme enables students to develop a more sophisticated understanding about their thinking style and how this impacts both on how they feel (emotion) and what they do (behaviour). The aim is accuracy and flexibility. If students are able to think more accurately and flexibly

about different or difficult situations then they will be more likely to solve problems effectively, keep things in perspective, not give up and enhance their optimism and confidence.

By the end of the lessons students will have developed a broad range of skills, techniques and strategies that they can use to help them deal with everyday situations and challenges that can also be applied when the big things happen.

The skills developed during the teacher training have been found to be hugely beneficial for adults as well as students.



Good to Know

The Penn Resilience Programme was developed by the University of Pennsylvania over 25 years ago and has an extensive evidence base showing that it has the capacity to improve a wide range of outcomes for young people including the incidence of depression and anxiety. It has been taught to well over 150,000 students in the UK over the past decade and the UK evidence base supports the outcomes previously found. For more information on the UK research please visit the Bounce Forward website www.bounceforward.com

The research suggests that the training of the teachers is critical for ensuring the quality of teaching and learning. The training provides teachers with a deep understanding of the skills of resilience so they know how best to support young people in their learning and development. The skills and competencies that students explore in this foundational element, including critical thinking, self-awareness and social skills are reinforced and utilised throughout the Healthy Minds Curriculum.

Lesson One

Introduction

Lesson Two

Link Between Thoughts and Feelings

Lesson Three

Identifying Thinking Styles

Lesson Four

Alternative Thinking and Evidence

Lesson Five

File Game – Looking For Evidence

Lesson Six

Putting It In Perspective

Lesson Seven

Real Time Resilience – Challenging Unhelpful Negative Thinking

Lesson Eight

Review of Lessons 1-7

Lesson Nine

Assertive Communication

Lesson Ten

Learning to Negotiate

Lesson Eleven

Coping Strategies

Lesson Twelve

Solving Dilemmas

Lesson Thirteen

Overcoming Procrastination and Social Skills Training

Lesson Fourteen

Review of Lessons 9-13

Lesson Fifteen

Decision Making

Lesson Sixteen

Social Problem Solving

Lesson Seventeen

Problem Solving

Lesson Eighteen

Review and Celebration of Achievement