**Dal y Gwynt - Eye of the Storm**

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| **Theme Name: Resilience** | | |
| **AOLE** | **Theme** | **Suggested learning experiences:** |
| **Health and Well being** | **What is resilience?** | * [The Resilient Classroom | Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/media/2229/the-resilient-classroom.pdf) - Teaching resource about resilience |
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|  | **Using art to be more resilient** | [Art activities from The Art Room - Place2Be](https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/activities-from-the-art-room/) - Resources from the Art room to help with personal growth, resilience and reflection. |
|  | **Coping with Difficult Situations** | * <https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/deal-building-resilience/?gad_source=1&gad_campaignid=945644338&gbraid=0AAAAAD-VeVE0xy1eWl47AM6YU-Xi1YVV6&gclid=CjwKCAjwr5_CBhBlEiwAzfwYuGAudeJtBalP6PiGITuRXVZkebOjQ9H-VTdgGmA0Fn4qtaZeo3BF0BoCuVAQAvD_BwE> - potential resource for looking at coping strategies and building resilience in difficult situations. (note to teachers - watch the video before using to assess how your class will respond to the themes) |
| LLC | **Reading book suggestions** | * <https://schoolreadinglist.co.uk/genres/resilience/>   Included in this list is **The Boy who Harnessed the wind.** You can see the film on Netflix. **It is a PG so you will need permission from home** and it contains mild bad language, violence and sex references but is a wonderful film and I have shown it to Y6 pupils in the past. |