

Resource Package for February 12th, 2025 Networking Day around the topic of ‘Resilience’.

Background:

In April of 2024 the Youth Post-Secondary Transitions Committee, a sub-committee under the auspices of LCEEQ, sponsored a professional learning opportunity to bring together senior secondary teachers, administration and professionals to spend a day with their collegial counterparts around the topic of transversal competencies and their key to becoming successful citizens of the 21st century.

Our second networking day will drill down on the very important concept of ‘resilience’ and the role that its presence or absence may play in an individual’s success. In order to provide background information to individuals who may wish to attend, the YPTC has put together a list of resources dealing with ‘resilience’.

1. Resilience Guide for Parents and Teachers by the APA
 - Overview: This guide provides strategies to help children and teens build resilience, focusing on fostering connections, teaching self-care, and setting realistic goals. This is oriented more to high school. The resource is from 2012.
 - Features: It offers practical advice on nurturing a positive self-view, maintaining perspective, and encouraging self-discovery.
 - Access: [Resilience Guide for Parents and Teachers](#)
2. Teaching Resilience and Mental Health Across the Curriculum
 - Overview: This resource integrates well-being tools into the classroom, offering strategies for engagement and active learning in student-centered environments. The format is a book that is available for sale. The audience is high school and college/Cégep. The resource is from 2023.
 - Features: It includes real-world examples, reflection questions, and activities applicable to teaching and life, emphasizing culturally responsive teaching and trauma-informed instruction.
 - Access: [Teaching Resilience and Mental Health Across the Curriculum](#)
3. Teach Resiliency by Physical and Health Education (PHE) Canada
 - Overview: An online portal offering evidence-informed resources and tools to support mental health and wellness for both teachers and students. The resource is updated twice annually.
 - Features: Resources categorized into healthy spaces, promoting belonging, building resilience, and mental health literacy.
 - Access: [Teach Resiliency](#); it leads to the full resources at <https://phecanada.ca/teaching-tools/teach-resiliency/home>
4. Building Student Resilience by the American Psychological Association (APA)
 - Overview: Modules designed to help students build resilience skills, focusing on values, body awareness, actions, and mindset.

- Features: Lesson outlines, worksheets, and video links suitable for high school students.
 - Access: [Building Student Resilience](#)
5. Resilience in Education & How to Foster Resilient Students
- Overview: Insights into promoting resilience in educational settings, including characteristics of resilient students and teaching strategies. This contains lesson plans and tools in PDF format. Orientation is high school. The resource is updated frequently.
 - Features: Lesson plans and activities to integrate resilience-building into the classroom.
 - Access: [Resilience in Education](#)
6. 27 Resilience Activities for Students and Adults
- Overview: A compilation of activities and worksheets aimed at enhancing resilience among students and adults. Resource is updated every quarter.
 - Features: Practical exercises that can be incorporated into lesson plans to build coping skills and adaptability.
 - Access: [Resilience Activities](#)
7. What Is Resilience, and Why Is It Important to Bounce Back?
- Overview: A very comprehensive treatment of the subject including a definition of resilience, 10 resilience skills and six signs of resilience in life.
 - Features: Downloadable resources some for a cost on buildn resilience among your students.
 - Access: <https://positivepsychology.com/what-is-resilience/>
8. Resilience
- Overview: An overview of the topic from Psychology Today.
 - Features: The article deals with what creates resilience, how to build resilience and how individuals can use failure to their advantage.
 - Access: <https://www.psychologytoday.com/ca/basics/resilience>
9. 10 Ways to Build Resilience
- Overview: As the title suggests, 10 ways to build resilience are suggested.
 - Features: Highly approachable read.
 - Access: <https://www.verywellmind.com/ways-to-become-more-resilient-2795063>

11. Resilience in Education & How to Foster Resilient Students

- Overview: Teachers who teach resilience might change the trajectory of their student's lives. It is not easy to teach resilience in the classroom, but it is crucial.

Teaching resilience is beyond memorization, calculation, and other traditional learning methods. It requires interaction and engagement.

Resilience is about the *process of becoming*, which children understand once they develop a firm belief about their place in the world.

- **Features: This Article Contains:**

- [Fostering Resilient Learners](#)
 - [7 Characteristics of Student Resilience](#)
 - [How to Teach Resilience in the Classroom?](#)
 - [Examples of Promoting Resilience at School](#)
 - [Lesson Plans for Teaching Resilience to Students](#)
 - [A Hundred Activities for Teaching Resilience](#)
 - [Specific Resilience Programs for Schools](#)
 - [References](#)
- Access: <https://positivepsychology.com/teaching-resilience/>