

Let's Talk About...Resilience

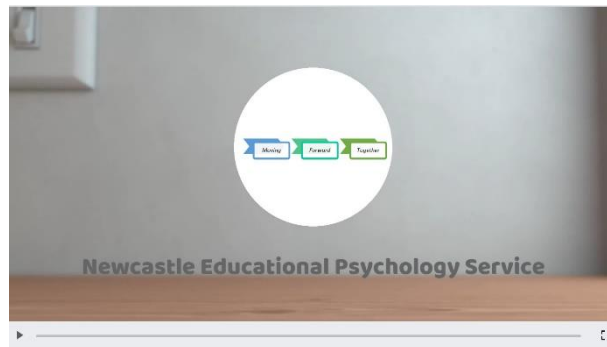
The video, *Let's talk about...resilience* offers an introduction to the concept of resilience and a framework for understanding and improving your own resiliency.

The video aims to answer these questions:

- What is resilience?
- What makes us feel resilient?
- How can we feel more resilient?

The video contains a lot of information; please watch it more than once and use the pause button to give yourself time to think about the ideas.

Click on the image to view the video or copy the link into your browser.



<https://biteable.com/watch/lets-talk-aboutresilience-a-introduction-to-r-2753610/9c9a6735ac8a0f5aa83dc6c77972e44d>

Although this video has been developed for adults, the strategies are helpful for children and young people too. For further information about applying what you have seen to support the young people in your care, please see the guidance document below.

Developing Resilience: A guidance document for education leaders in response to the coronavirus pandemic

<https://www.servicestoschools.org.uk/Article/75681>

