

Resilience
Rationale
<p>In recent years there have been substantial advances in the science of well-being with a vast array of new evidence as to the factors that affect happiness and ways in which we can measure happiness more accurately. We now have an opportunity to use this evidence to make better choices and to increase well-being in our personal lives, homes, schools, workplaces and communities.</p> <p>The research shows that we need a change of priorities, both at the societal level and as individuals. Happiness and fulfilment come less from material wealth and more from relationships; less from focussing on ourselves and more from helping others; less from external factors outside our control and more from the way in which we choose to react to what happens to us.</p> <p>Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM".</p>
Learning
<p><u>Year 1</u> Understand the term 'determination'</p>
<p><u>Year 2</u> Understand that some relationships can be challenging at times</p>
<p><u>Year 3</u> Understand that determination and perseverance are needed to overcome a challenge</p>
<p><u>Year 4</u> Identify basic 'coping strategies' for dealing with difficult emotions</p>
<p><u>Year 5</u> Begin to reflect on mistakes and see them as an opportunity to learn from</p>
<p><u>Year 6</u> Understand that 'being healthy' incorporates body, mind and lifestyle</p>
Key Vocabulary
Resilience, purpose, determined, confidence, persevere, challenge, lifestyle, opportunities, growth, coping strategies