



Building Belonging & Resilience in Your Classroom



As we return to school still in the midst of a pandemic stress abounds. Stress for teachers, principals, students and parents. So how can we build a sense of belonging and resilience in the classroom? The answer is with a strength based approach such as [Strong Minds](#). A strengths focus counteracts our negativity bias and helps build our psychological immunity.

Some useful starting points are:

1. Introduce students to the 24 scientifically validated VIA [character strengths](#)
2. Prime your environment for wellbeing by [displaying the strengths](#) in your school, so as they are front of mind.
3. **Ask students what they think their top strengths are.** Students at Strong Minds schools can identify their strengths by completing our Student Audit in the members portal. **What character strengths did they use in the holidays?** Teamwork to get along with their family, kindness to the dog, curiosity whilst exploring something new. **Which strengths help us get through a pandemic like COVID?** Prudence, hope, kindness, bravery, teamwork, creativity, self-regulation, gratitude? **What strengths do we want to see in our classroom? Which strengths can we spot in our classmates?**

What is a goal you have for the term? Which strength will help you achieve this? How?

4. Look for strengths in your students and tell them when you see them.
5. As a teacher/principal engage your top strengths. Look for strengths in your colleagues.

Research Supporting Strengths

“When we experience anxiety or demoralization in response to stressors, that can serve as a signal that it is time to engage in protective behaviour. Tapping into our character strengths—the main ingredients of our character—can help us mitigate unwarranted or excessive fear, anxiety and demoralization. Focusing on our character strengths, not our sense of fear or rage, offers a path to enhancing our psychological immunity.”

Rashid, T., & McGrath, R. E. (2020). **Strengths-based actions to enhance wellbeing in the time of COVID-19**. *International Journal of Wellbeing*, 10(4), 113-132

Free Staff Wellbeing for Strong Minds Schools



If you are one of our many [Strong Minds](#) schools we would like to offer you free mentoring to enhance staff wellbeing in 2022.

This is in response to covid, and consists of 6 one hour mentoring zoom sessions across 2022 conducted with other Strong Minds schools. The focus is on using character strengths to enhance staff wellbeing. There will also be

opportunities for Strong Minds schools to share what works well in their context with character strengths.

Email nicole@growingstrongminds.com for further information.

Not a Strong Minds school?



Whilst you might have wellbeing programs in place do you have a wellbeing APPROACH? A strength based approach is now a requirement. Book in a 20 min zoom session to learn more.

[BOOK A ZOOM](#)

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Warmest wishes

Nicole and the team at Growing Strong Minds