

I've Got This

Resilience Portfolio

 LOCATION: On school site  DURATION: 1 day  GROUP SIZE: 40

About the programme

This programme is designed to help young people recognise and reflect on how anger can affect the individual and others around them.

The programme seeks to understand a young person's feelings and emotions and identify potential trigger points that can cause sudden surges in emotional change.

A number of techniques and strategies are taught to help manage anger effectively. This is a programme that not only contributes towards lowering the frequency and intensity of a young person's anger but helps equip them with the essential skills to navigate all aspects of work and adult life.

Background

Improving the awareness of emotions and how to deal with them can lead to many benefits. Positive mental health/emotional wellbeing is impacted by a multiplicity of factors which can contribute to either increased vulnerability or the development of resilience - that is, the capacity to cope with adversity. Many factors are associated with emotional wellbeing; these include self-esteem, optimism, a sense of control and the ability to initiate, develop and sustain mutually satisfying personal relationships. A mentally healthy young person is able to play and explore, face and learn from problems, cope with changes and differences, feel safe, make positive choices and learn new skills and information – essential for a successful, enjoyable education and preparation for life's next steps.

Focus areas

- Understanding anger, emotions and feelings.
- Developing coping mechanisms and strategies for managing emotions.
- Actively engage in support techniques.
- Empowerment and reducing trigger points.

Programme aims

- To recognise the triggers that can contribute to making someone feel angry.
- To develop strategies and learn skills to help manage triggers for anger effectively.
- To engage in relaxation techniques and mindfulness when coping with anger.
- To learn problem solving techniques to increase empowerment and reduce the risk of triggering anger and frustration.

Skills Development

Communication
Confidence
Critical Thinking

Curriculum Links

Science
PSHE
English

Suitable for



Gatsby Benchmarks



Ofsted or Educational Priority

