

What is Resilience?



RESILIENCE

The capacity to **prepare** for disruptions, **recover** from shocks and stresses, and **adapt** and **grow** from a disruptive experience.

Gratitude

**GRATITUDE IS THE HEALTHIEST
OF ALL HUMAN EMOTIONS. THE
MORE YOU EXPRESS GRATITUDE
FOR WHAT YOU HAVE, THE MORE
LIKELY YOU WILL HAVE EVEN
MORE TO EXPRESS GRATITUDE FOR.**
ZIG ZIGLAR

What do we do at Mano to practise Gratitude?

At Mano we do not teach Gratitude as a stand alone topic. It is interwoven into everyday practise and language. What has changed from previous years is the targeted focus on celebrating act of gratitude and a consistent use of the language throughout the school.

What can you do at home to promote Gratitude?

- ▶ Daily discussions around the dinner table about what your children are grateful for.
- ▶ Gratitude Journals
- ▶ Gratitude Box

Empathy

Empathy is...

**seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.**

What do we do at Mano to practise Empathy?

At Mano we do not teach Empathy as a stand alone topic. It is interwoven into everyday practise and language. What has changed from previous years is the targeted focus on celebrating empathetic acts and a consistent use of the language throughout the school.

What can you do at home to promote Empathy?

- ▶ Bucket filling
- ▶ Random acts of kindness
- ▶ Discussion about empathetic acts eg public places