**Kilvington Resilience Training Program**

**TERM 3 WEEKLY RESILIENCE CHALLENGES**

* **Weekly Resilience Challenge #1** - we focused on the positive emotions generated from laughter. Students and staff were prompted to first stop and think about what makes them laugh, and then write down two funny things that happened during the day as well as attempt to make others laugh by telling a joke or sharing a meme.
* **Weekly Resilience Challenge #2** - we focused on compliments, as studies show a high correlation between resilience and strong self-esteem. Students and staff were challenged to find the good in at least two people per day and provide them with a genuine and thoughtful compliment, either written or verbal.
* **Weekly Resilience Challenge #3 -** using the [*VIA strengths survey*](http://www.viacharacter.org)**,** students and staff were encouraged to identify their personal strengths. Students then shared their strengths in Mentor Groups and displayed them on classroom walls. Many staff members also shared their strengths within faculty groups and displayed them in the Staff Lounge. It's so important to identify our strengths, but even more important to value these strengths!
* **Weekly Resilience Challenge #4 -** we asked the staff and students to delve a little deeper and analyse their levels of self-awareness.
	+ They had to ask themselves three questions: *What brings you down?* *What lifts you?* *What drives you?*
	+ The challenge was then to keep track of and record the thoughts and emotions that cause a reaction in us; to track what was occurring at the time and the level of emotion and to give a label for the emotion.
* **Weekly Resilience Challenge #5 -** students and staff were asked to focus on their breath and practice some mindfulness and meditation techniques. By engaging in mindfulness skills such as focused breathing and gratitude, we are able to put some space between ourselves and our reactions - in other words, to think consciously before acting - leading to better focus, feelings of calmness and relaxation and the ability to rebound from disappointment.

**CONCLUDING TERM 3 WITH ‘WIN THE TERM’**

To conclude Term 3, and finish the term positively and practically, we will be implementing '*Win The Term'* which is an initiative that focuses on a range of coping and stress reduction activities that promote positive wellbeing and build resilience.

A special two-week program will be offered to all Senior School students and staff before School, lunchtime and after School. Our community will have the opportunity to opt in and participate in activities such as Art Therapy, Yin Yoga and Meditation, Watercolour Exploration, K45 Circuit class, Dance Aerobics and much more!