

# Resilience Training

During the Autumn term, all of the Year Three children participated in the Visyon resilience programme.

These sessions were designed to deepen the children's understanding on the topic of emotional wellbeing, and to learn and practice effective tools to strengthen their resilience.

The sessions enabled the children use creativity and practical activities to help to embed these skills. The children thoroughly enjoyed this programme and have been utilising all the strategies they have learnt.

