

# WELL-BEING & RESILIENCE

The Well-being & Resilience unit aims to help pupils to understand the role of emotions upon decision making, self control, resilience and emotional literacy through discussion and role play. It is increasingly important to manage life and adopt a sense of perspective in response to events, giving ourselves the space to reflect and gain a sense of proportion. These are all key aspects of growing up, learning to cope and respond to life, people and the world around us.

