

# Maroon Outdoor Education Centre

## Developing Resilience through Challenge

### Core Learning



The following knowledge and skills should be taught in any program that focuses on **Challenge and Resilience**:

The following strategies help people succeed in challenging situations:

- Give and accept praise.
- Be positive.
- Celebrate success.
- Remain calm, breathe deeply.
- Visualise success.



**Growth** occurs when there is enough **support** to help people through or after a **challenge**.

Resilience is knowing what to do when you don't know what to do. (Robert Castel, 2003)

Strategies for developing resilience:

- **Being optimistic.** Having positive self talk. Having a hope that things will get better. A resilient person believes that when things are not going well in their lives that this situation will not last forever.
- **Problem solving** – Being able to solve problems and see a way through is important. Being able to make decisions for themselves.
- **Autonomy** – A resilient person is responsible, has good self organisation skills and they create a plans to help them achieve a goal.
- **Social Competence** - Positive social skills, including the ability to respond politely and positively to people we do not know or feel uncertain of is an important part of being resilient.
- **Communication** – A resilient person is able to communicate their situation and talk through problems with friends and family.

“Resilience” (from the latin *re-silere* meaning ‘to spring back’) it is a self-righting mechanism.

#### Essential Learning Alignment

Health and Physical Education (Years 7 & 9): H1; PD1; PD3