



Promoting Resilience in the Classroom: A Guide to Developing Pupils' Emotional and Cognitive Skills (Innovation Learning for All)

Carmel Cefai

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Resilience is a set of qualities that enable children to adapt and transform, to overcome risk and adversity, and to develop social competence, problem-solving skills, autonomy and a sense of purpose. For children and young people it is as vital to possess these qualities in school environments as in the family and the community at large. This handbook for teachers and educators explores ways of nurturing resilience in vulnerable students. It proposes a new, positive way of thinking about schools as institutions that can foster cognitive and socio-emotional competence in all students. Individual chapters examine effective practices in schools and classrooms, and assess a range of classroom processes, such as engagement, inclusion, collaboration and prosocial behaviour. The author makes use of case studies throughout to bring to life classroom activities and concrete strategies that will promote best practice for enhancing student resilience, and offers a framework that can be adapted to the existing nature, culture and needs of each individual school community and its members. "Promoting Resilience in the Classroom" is a valuable resource for educational practitioners as well as educational officers and policy makers engaged in school development and educational improvement. The "Innovative Learning for All" series features accessible books that reveal how schools and educators can meet the needs of vulnerable students, encouraging them to engage in learning and to feel confident in the classroom. Grounded in the latest innovative practice and research, these books offer positive guidance on improving the educational standards for all children by ensuring the most vulnerable are supported.

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