



Route to Resilience



R2R

INTRODUCTION TO ROUTE TO RESILIENCE

What is R2R?

Put simply it is recognising, understanding and developing character traits that make us unique and then using these 'character muscles' to allow us to be the best version of ourselves. At the heart of character education is creating a culture in and out of school where students are given every opportunity to rehearse and strengthen their sense of themselves.

Children starting primary school this year will not retire until 2082 at the earliest! There is a growing recognition of the need to equip young people with strong character muscles that will make them successful in all occupations and will help them to develop into healthy and happy adults.

The school uses a program called Route 2 Resilience along with other schools in Leicester, Leicestershire and Rutland, which aims to promote young people's well-being.

What will my Young Person do?

During school time, the 'character muscles' will be introduced into their work, giving them opportunities to reflect on which ones they are using, and recognise how to build and apply them in their work at school, home and life.

You will increasingly notice your young person using these character muscles in their work, in communications from school and in other ways. We hope that you will want to help them build these characteristics at home as well, and we are here to help you do that.

The Character Vocabulary

These are the ones we have chosen to work with.

Concentration Good Humour Curiosity

Independence Perseverance Imagination

Enthusiasm Respect Co operation

Resilience Confidence Integrity

Kindness Friendship Creativity Courage

Gratitude Listening Self-control

Optimism

For definitions of each word please visit our website

How we are building your Young Person's Resilience

To get a better understanding of how we are building resilience in school, we run annual sessions to inform new parents/carers and refresh current parents/carers. Look out on our website for new dates.

Preparing young people for the future

Equipping young people with good character muscles, gives them the ability to adapt and interact with the world and others, take on new challenges and have confidence in their abilities. Also Resilience skills are transferable, they can be used anywhere and be built up over time. They don't go out of date!

The KUBA Framework

KUBA (Know, Use, Build, Apply) is a great way to help your young person build character vocabulary. First they need to **KNOW** what the word means and what is expected of them, **USE** the skills in an effective way, **BUILD** their skills by using them repeatedly, and then **APPLY** their skills to new situations, as a transferable skill.

More information that may be useful to you

There is lots more info on Resilience at
www.routetoresilience.co.uk