



## Resilience Curriculum Progression

	<b>Attitude</b>	<b>Working with others</b>	<b>Feelings</b>
<b>Reception</b>	Having a positive attitude to trying something new	Being happy for others when they do well	Recognising own feeling and emotions
<b>Year One</b>	Having a positive attitude to trying again	Encouraging others to do well	Coping with different feelings and emotions
<b>Year Two</b>	Trying again independently, without adult prompting	Encouraging others to do well, without adult prompting	Understanding own feelings and emotions linked to friendship and knowing how to deal with these
<b>Year Three</b>	Being self-motivated to want to complete tasks for themselves – not just because they ‘have to’	Knowing how to cope with different personalities from themselves	Managing their feelings and emotions when things don’t go their way
<b>Year Four</b>	Being self-motivated and taking the initiative to improve	Spotting when someone else is upset and struggling, and offering to help	Recognising and coping with disappointment or difficulty
<b>Year Five</b>	Coping without adult support	Finding an alternative if the original way doesn’t work and accepting others’ weaknesses	Recognising others’ disappointment and responding to it appropriately
<b>Year Six</b>	Learning from own mistakes and sharing these with others	Persevering in longer term challenges or projects, maintaining relationships	Realising that mistakes are good because they help us learn.