

Smart Moves for Resilience

Dear Parent/Guardian,

Your child's school has recently started work on resilience using the Eikon Smart Moves program. We wanted to let you know who we are and what they will be doing as it may be useful to talk with your child about it. The program is delivered by the class teacher or tutor and is for all students.

Eikon is a Surrey based Young Peoples Charity that has been established for over 20 years. We have worked with 25,000+ young people in Surrey schools, neighborhoods and families to help grow their wellbeing, resilience and aspirations.

Developing resilience is important because whilst we cannot predict nor prevent young people facing challenges in life, we can help them with skills or 'smart moves' that enable them to survive and thrive when challenges come their way.

Whoever we are (and however old we are) it is totally normal for us to face challenges. Resilience skills therefore are relevant for all aspects of life. Smart Moves is applicable throughout life but specifically aimed at the time of transition for primary to secondary school and looks to target some of the key issues that this time can raise for students as well. We cover a range of topics including; friendships, problem solving, worry, relaxing, having a laugh and responsibilities.

Smart Moves is helpful for all students as we can always improve our resilience no matter how resilient we may already be.

There are many definitions of resilience;

- The ability to bounce back
- Beating the odds
- Doing better than you'd think given the circumstances



Smart Moves uses the definition "*Beating the odds whilst also changing the odds.*"¹

Smart Moves isn't about telling students what to do but rather working with them to discover what helps them. Supporting them to identify the positives they have in their lives to draw on, who they have as support, what or who else they can enlist to help and what options they have to help solve problems themselves.

As part of the program students receive their own book for them to keep at the end. This is not an exercise book but a private place for them to write what they like and therefore should not be read or marked by teachers. We recommend therefore that parents/guardians resist the urge to

have a look unless your young person shows you. We would however encourage you to ask your child about Smart Moves and help them reflect on what they have discussed in class.

Smart Moves is based on the Resilience Framework approachⁱⁱ that puts theory into practice and breaks down the concept of resilience into small learnable skills. For more information on the Resilience Framework visit the Boing boing website: www.boingboing.org.uk

For more information on Smart Moves visit the Eikon website: www.eikon.org.uk/resilience.

Many thanks

Affy Harris

Affy Harris
Smart Moves Lead
Eikon

ⁱ Hart & Gagnon

ⁱⁱ Resilience Framework adapted from Hart, Blincow and Thomas, 2007 and The Resilient Classroom developed by Boingboing and the Hove Park School