

PSHE / SEL · Y3–Y6

# Resilience & Coping Strategies

Knowledge Organiser — Y3–Y6

## Key vocabulary

1

### Resilience

The ability to cope with and recover from difficulties. NOT the absence of distress — resilient people feel hard things fully; they are better at recovering from them.

2

### Coping strategy

Something you do deliberately to manage a difficult emotion or situation. Some are healthy (regulation strategies); some are unhealthy (avoidance, numbing).

3

### Stress response

The body's automatic reaction to a perceived threat: heart rate increases, breathing quickens, muscles tense. Helpful in genuine danger; problematic when triggered by everyday challenges.

4

### Regulation

Managing your emotional state — especially bringing yourself down from high activation (panic, anger) to a state where you can think clearly.

5

### Locus of control

Your sense of how much control you have over what happens to you. Internal locus = 'my actions make a difference'. External locus = 'things happen to me and I can't change them'.

6

### Reframing

Changing the way you think about a situation to change how you feel about it.

*Example: 'I failed this test' → 'I found out what I need to practise'*



# ased coping strategies

Strategies that actually work —

- SLOW BREATHING: activates the parasympathetic nervous system (calm mode). Breathe in 4 counts, hold 4, out 6-8.
- MOVEMENT: physical activity discharges stress hormones. A walk, a run, shaking the body — all work.
- TALKING: naming what you're feeling (to yourself or someone else) reduces emotional intensity. 'I'm feeling overwhelmed' literally helps.
- REFRAMING: 'This is hard AND I can handle hard things.' The 'AND' replaces 'BUT' — both things are true.
- PROBLEM-SOLVING: if the situation can be changed, change it. If not, manage the emotion. First decide which you're dealing with.
- CONNECTING: spending time with people who make you feel safe is one of the most effective regulation tools.
- WHAT DOESN'T HELP: avoidance, distraction, suppression — these reduce distress in the short term and increase it long-term.

