Eavesdropping on experts

**Building Resilience Tip 2**

[Music]

Michelle, Autism Coach

A second approach to building resilience is celebrating the wins, and really unpacking what it is that you did that created success for you. So supporting students to understand that trying, having another go, not giving up, persevering, is a really great way to support them to understand that winning is not always the object, it’s about the effort that we put in. A great resilience building tip.

Dawn, Researcher

We would also encourage anxiety management techniques and helping a child to reduce the difficulties with uncertainty. When children are anxious, it’s very difficult for them to feel strong and resilient so if we can reduce anxiety provoking events or stimuli and help children to recognise and manage anxiety, then we should be able to build resilience and strengths within the classroom.

Chris, I CAN Network

I think the second thing would be it’s just some a bit of a language and help you to in the posture of the way you deliver instruction and build a relationship with the learner sometimes being on the spectrum you can be so worried about the goal itself that it escalates from a zero to 100 in your mind so I’ll give you some examples: swimming sports in year seven, camps throughout all of my high schools, High schooling and primary schooling absolutely petrified me, but when I broke things down into very simple goals and I had a ripper year 4 teacher, Mrs Brown, a great year 6 teacher Mrs Mac and then I had Mrs Horvath in year seven as my coordinator and then I had a couple of sprinkling or really good high school teachers when they were aware that I was breaking things down and could help me structure big goals into small check points I got through things.

[Music]