

This is a transcript of the Be You Professional Learning domain video available at <https://beyou.edu.au/learn/learning-resilience>.

## **Professional Learning Domain: Learning Resilience**

Resilience is important for children's mental health. When you talk about resilience, you're talking about a person's ability to cope with ups and downs and bounce back from the challenges they experience.

Building resilience helps children and young people to deal with difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life.

Resilience develops through social and emotional learning skills - skills which can be taught like maths and science.

And just as maths and science can become stronger with practice, resilience too can be developed. Within your learning community you can create opportunities every day to help children and young people develop their social and emotional skills and grow into resilient adults.

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