

Resilience

This weeks theme is inventions. Inventors definitely use one of our wellbeing themes which is to keep learning.

‘Keep learning’ can mean many things. The things our children and young people choose to learn is often not recognised as academic but deserves to be celebrated (it IS amazing to know all of the Dr Who monsters or rap singers!). The brain is amazing and, unlike Homer Simpson, we don’t forget the information simply because we have learnt something new. The more we use our brains the stronger they become.

Inventors

A successful inventor needs an agile mind with lots of facts but they also need imagination and **resilience**. It is resilience that helps inventors to keep learning from things that may not have gone the way they planned and to try again.

Finding out about other people’s inventions can be really interesting (who did invent the toaster?) but to give your children and young people a real anxiety diversion, encourage them to come up with their own.

The best inventions solve a problem, so encourage your children and young people to think of something that would be helpful either to them or to someone they know (such as pets). Inventors **keep learning** as they go through the design process, to do this your children and young people might want to follow these steps:

1. Brainstorm ideas about what they might want to invent
2. Draw a picture to design what the invention will look like
3. Make a practice model of it (this often leads to on the spot learning of what works and what doesn’t)
4. Build a final model (the most important learning takes place here as what needs to be adjusted/reworked is focused on)

These steps are often used in teaching as ‘plan, do, review’.

Within this process, your child or young person may get frustrated, impatient and want to give up! It is at these points where they can learn about resilience. If your child or young person is struggling, give them some positive affirmations to encourage them to be resilient and carry on.

