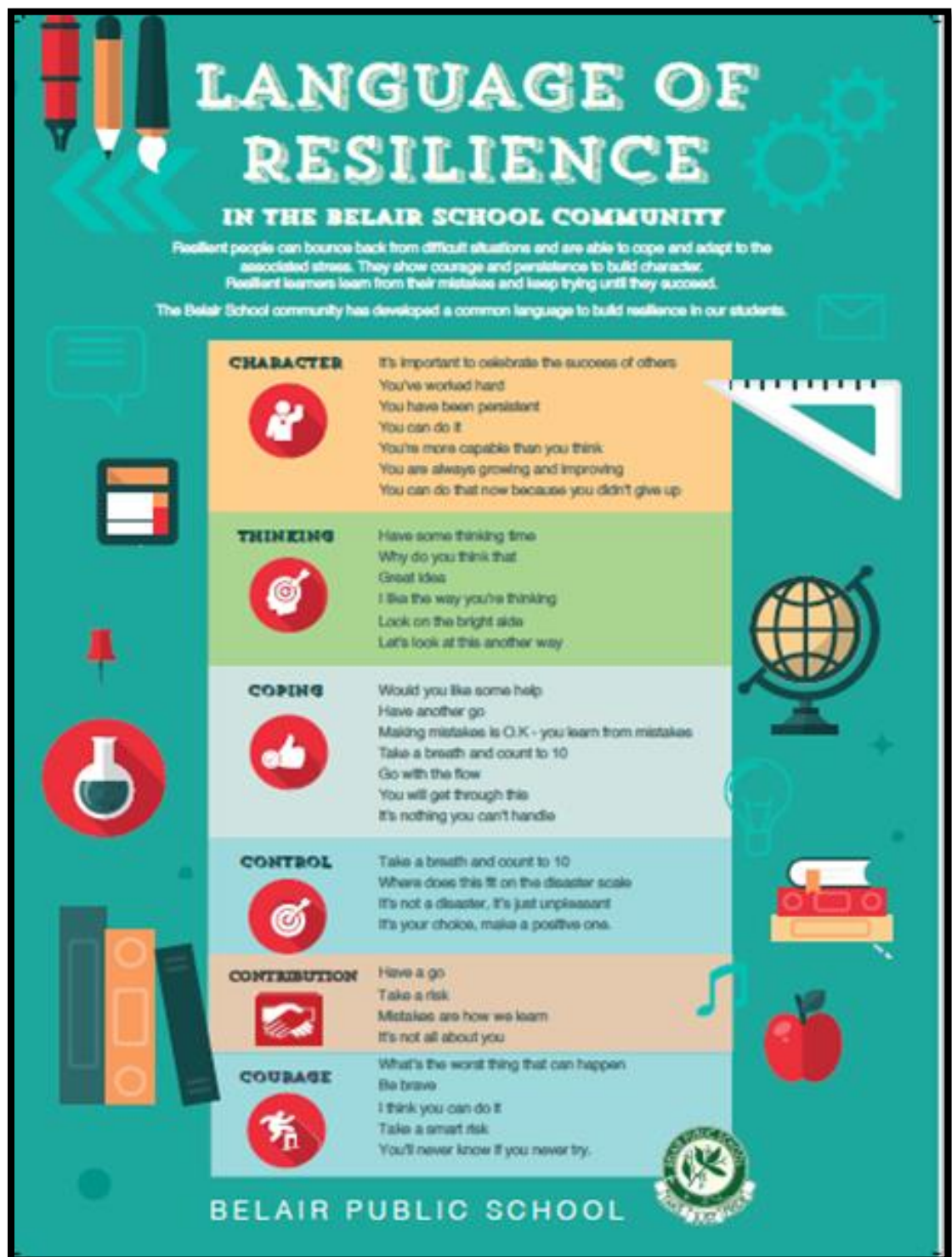


## Language of Resilience



The poster is titled "LANGUAGE OF RESILIENCE" in large, bold, white letters. Below the title is the subtitle "IN THE BELAIR SCHOOL COMMUNITY". The background is teal with various school-related icons: pencils, gears, a speech bubble, a tablet, a pushpin, a beaker, books, a globe, a lightbulb, a stack of books, an apple, and a school crest. The central content is organized into six horizontal bands, each with a red circular icon and a list of phrases. The bands are: CHARACTER (orange), THINKING (green), COPING (light blue), CONTROL (blue), CONTRIBUTION (light orange), and COURAGE (light blue). At the bottom, the text "BELAIR PUBLIC SCHOOL" is written in white, followed by the school's crest.

# LANGUAGE OF RESILIENCE

## IN THE BELAIR SCHOOL COMMUNITY

Resilient people can bounce back from difficult situations and are able to cope and adapt to the associated stress. They show courage and persistence to build character.  
Resilient learners learn from their mistakes and keep trying until they succeed.  
The Belair School community has developed a common language to build resilience in our students.

CHARACTER	It's important to celebrate the success of others You've worked hard You have been persistent You can do it You're more capable than you think You are always growing and improving You can do that now because you didn't give up
THINKING	Have some thinking time Why do you think that Great idea I like the way you're thinking Look on the bright side Let's look at this another way
COPING	Would you like some help Have another go Making mistakes is O.K. - you learn from mistakes Take a breath and count to 10 Go with the flow You will get through this It's nothing you can't handle
CONTROL	Take a breath and count to 10 Where does this fit on the disaster scale It's not a disaster, it's just unpleasant It's your choice, make a positive one.
CONTRIBUTION	Have a go Take a risk Mistakes are how we learn It's not all about you
COURAGE	What's the worst thing that can happen Be brave I think you can do it Take a smart risk You'll never know if you never try.

**BELAIR PUBLIC SCHOOL**