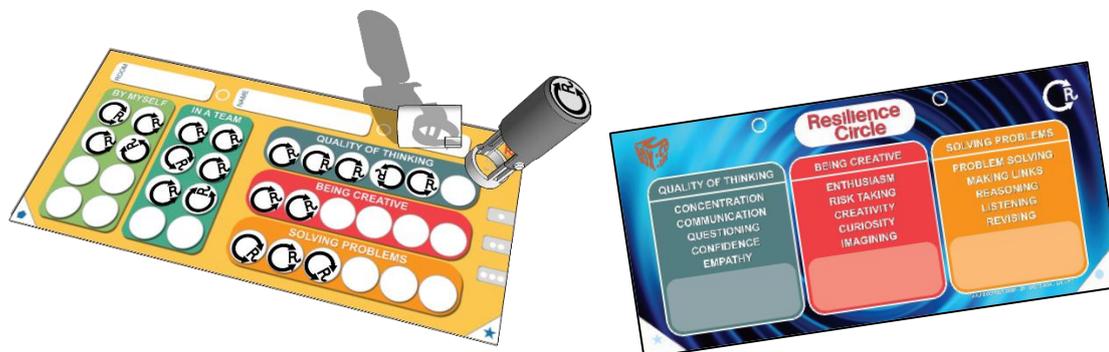


Resilience Circle Teachers Guide:

Overview:

Resilience Circle is a low cost, low overhead Personal Resilience Skills tracking system suitable for schools and groups. Educators decide when a stamp is given on a student's individual card, and the stamps are awarded in pairs. A stamp for 'Context' and a stamp for one of the three 'Categories' of resilience.



Example of using Resilience Circle:

1. **Trey** completes a card over 2 weeks and gets 6 problem solving, 4 creative and 2 quality of thinking stamps. Most of this work has been done by himself. His teacher congratulates him and makes him aware that he needs to focus more on teamwork now, and maybe work on using quality of thinking skills more
2. The teacher cuts the corner off the card to show its been handed in, and keeps it
3. The teacher pops the completed cards into a collection box in the staff room
4. Admin regularly enter them into the school's data system or the free excel spreadsheet (downloadable form AJBOX). This shows the frequency cards are completed, and the Contexts and categories students achieved resilience in during that time
5. The admin marks the card, using the built in side tabs, to show its been data entered and passes it back to the teacher
6. The teacher uses it as part of a wall display, or **Trey** keeps it in an achievement folder, or takes it home to show his parents / carers
7. Over the year **Trey** completes several cards and during a review session his teacher helps him see how his skills have built up, and helps him set a target for specific skills in the future
8. At Parents Evening, the teacher shares **Trey's** success in building resilience with them
9. Evidence of **Trey's** resilience journey can be shown from the frequency cards are completed and the context and category that the students is awarded resilience skills in
10. By following this simple strategy, the school has the physical record cards that **Trey** has self-organised, and a database of searchable data points. Parents are kept informed of the importance of resilience in **Trey's** ongoing education.
11. Remember that Resilience Circle is not intended to be comparative BETWEEN pupils, but over time it gives valuable insight into how pupils, like **Trey**, built up their resilience skills

The Resilience Circle logo explained.

The Logo consists of three elements to remind students of the three core aspects of resilience



The **circle** with arrows reminds them that there are many paths to building resilience

Students keen on sports will build their teamwork skills differently, but as effectively, as those keen on role playing board games or Maths Challenges



The **R** with an upwards arrow flick reminds them that resilience skills accumulate over a lifetime

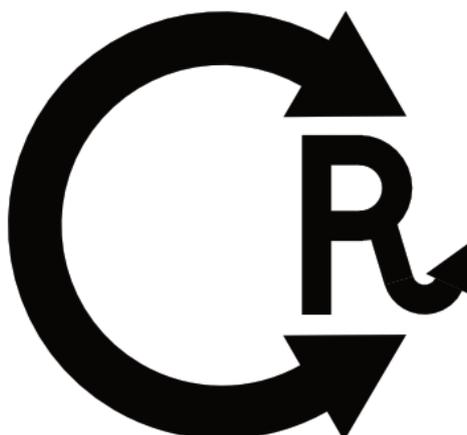
Students start at school, but will always be adding to their resilience skills as they move on to more education, jobs and other activities



The **arrows** pointing up and down from the 'R' remind them that skill levels alter with use



We never forget our resilience skills, but like muscles, they can get a little out of shape without regular use. Aim to develop all the resilience skills over time, use them regularly



Tips on introducing Resilience Circle

Students and teachers find the core concepts and mechanics extremely easy to pick up, but schools will need to establish parameters to get the best out of resilience Circle. Typically, this means being clear on these areas:

Staff need to know:

- What the three categories cover and definitions of each resilience skill
- Resilience Circle is a way of tracking student's individual resilience, not for pupil comparison
- Cards are for recording clear examples of resilience. Not everyone in a team should get a stamp unless they all did well. Not all examples of resilience need recording
- If one student always gets the same stamps, teachers need to encourage diversity in resilience skills
- If one teacher awards loads and another very few then students will get disillusioned
- Schools should have a clear policy of how cards are collected and how the data is used
- Can other staff give stamps? Lunchtime / Playground supervisors? Visiting coaches?

Students need to know:

- They carry the cards and they are responsible for handing completed ones in
- What the three categories and the individual resilience skills mean
- What happens to the completed cards?
- The school's policy for lost cards, do they lose the stamps on them?
- They will have regular opportunities to discuss their resilience journey with their teachers
- How the resilience skills they are building will help them now and, in the future

Parents and Carers need to know:

- How Resilience Circle works in your school, emphasising it's not about pupil comparison
- How they will get regular updates on their child's progress in building resilience skills
- What to do if they find an old card their young person may have forgotten about
- How these transferable resilience skills will help their young person now and, in the future

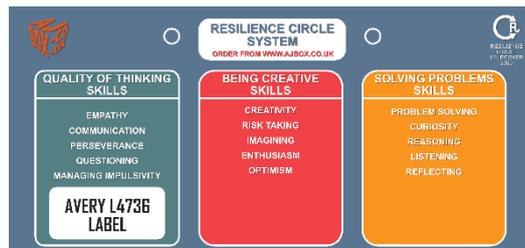
If this seems like a daunting list, be reassured that you probably already do this for other marking systems you use, just ensure Resilience Circle needs is equally valued and integrated to be most effective.

Customising Resilience Circle:

The cards:

Standard Resilience Circle cards can be ordered from www.ajbox.co.uk. They have additional space in each of the three categories to add your own words to the standard cards using low cost inkjet / laser label sheets. Standard cards have spaces left below the three category boxes to fit Avery L4736 labels which are 46mm wide and 22mm high. These can be ordered from any stationers and printed using standard Inkjet or Laser printers. A free A4 Word Template is available by searching for 'L4736' on the www.avery.co.uk website.

Examples of words you might add include additional Resilience Words, Behaviour words, Ambition phrases, words for tracking special events or subjects.



Professionally printed Custom Cards:

Custom Cards can be ordered through www.ajbox.co.uk where you can change the colours, graphics and almost all parts, keeping just the Circles and stamps for recording within them. This allows you to incorporate your school badge, colours, logo's motivational sayings and any other artwork you require. Custom cards are the same price as standard cards but there is a minimum order of 5000 cards and a one-off £75 artwork charge on your first order. We design your cards for you, and you get a PDF version by email to check and approve before we manufacture and deliver them. Some graphic elements such as other companies' artwork / logos cannot be printed on Resilience Circle cards due to copyright. Custom cards are the same quality as standard cards.



Custom stamp colours and designs

Standard stamps are available in 8 different colours at no extra charge. Use colours to track usage. You can also order custom stamps (also in 8 different colours) which can include 3 alphanumeric letters/ numbers or a small graphic symbol in the centre. You might want to give your teachers ones with T in the middle, then Support staff ones with S, and lunchtime supervisors and admin staff A. in this way you encourage resilience skill building across a young person's whole experience, not just academic



Example 1:

Hettie finds school difficult with the noise and bustle, she gets additional help with this and as part of her strategy, is encouraged to ask for assistance. After a week where she has worked hard to adapt to a new lunchtime system in the school, the dinner supervisor awards her an **'In A Team'** stamp and a **'Problem Solving'** stamp for her Reflecting and Problem solving skills. These stamps have an 'A' in the centre and when her teacher notices this amongst the 'T' for teacher stamps for her class-based work, Hettie can tell her teacher why she got them.

Example 2:

Gerry is particularly good at Sport. Academically he does alright but really puts his efforts into developing his sports skills. He has an outside coach who comes in once a week to take a group after school. Gerry impresses the coach with his team tactics when organising the others in a game. The coach awards him an **'In A Team'** stamp and a **'Quality of Thinking'** stamp for his communication skills. These stamps have an 'S' in the centre. Gerry gets more 'S' stamps than 'T' for teacher stamps usually, but they still show he is building his resilience skills, but through a different path to others.

Example 3:

Raj has been persuaded to join the school's national maths challenge team. Raj thinks his school will not win and therefore is not particularly enthusiastic about this as he wants to be seen as a 'winner', but his teachers feel that participation will be good for him. As a focus for the team's efforts, the maths team is given standard cards that have been customised with additional stickers of maths specific skills. The team do not progress beyond the regional quarter finals, but the Resilience Circle cards help Raj and the team see and **record the successes in Resilience** that they had on their journey. The following year their teacher intends to show them the cards again to remind them that they did have a win, in participating and building their resilience skills, and they can build on those experiences for the new year competition with better results. Raj feels the experience was worthwhile, even though he did not 'win' and is keen to participate in future.

Free Resources to help you start using resilience Circle:

All resources are free to download from www.ajbox.co.uk, no purchase necessary

- INSET Presentation for Staff including examples of how to use Resilience Circle
 - Can be used to introduce Resilience Circle as part of an INSET
- General Video introducing Resilience Circle
 - Hosted in YouTube, link can be shared with Staff / Parents / Governors
 - Use at Parent / carer events
- 6 low-cost resilience building projects (In the resource section of AJBOX website)
 - The 6 projects use NOLO resources, projects that use NO or LOW cost materials. Stuff schools have already, like paper, card, tape
 - Every project has instructions on how to run it
- Blank Certificates, Graphics for Resilience Circle for ordering your own mugs, t shirts etc
 - Graphics can be used in your own worksheets and newsletters, stickers etc
 - Use online cheap printing services such as eBay to make personalised items
 - Have your own promotional / prize items printed only if you need them
- Customised Word document and Excel spreadsheet to input and track students' progress
 - Can be used for individual class or year groups
 - Easy way to input into SIMS and other systems, use CSV export from Excel
- Dyslexia optimised 'explainer' sheet to help students learn the system
 - Only for use in explaining resilience Circle, does not replace cards
 - Simplified layout with high contrast graphics on pale coloured backgrounds
- Teachers guide with examples / tips and extensive FAQ. (You are reading it)
- Email support for one year from the purchase of any resilience Circle item
 - Contact through info@ajbox.co.uk and quote your order number
 - Tips and ideas for using resilience circle are also available on the website
 - This document has an extensive FAQ

Resilience Circle FAQ:

Why are there only three Resilience Categories?

Resilience Circle is a simplified Resilience skill recording system. You could choose to track many resilience words individually but if not, Resilience Circle is a quick effective alternative.

Why are there only five resilience words / skills in each category?

So Resilience Circle system can be flexible. Though schools and groups will often have chosen different Resilience Skills, the five in each of the three categories are almost always in their list. The space below the words on the back of the card is lightened to make it easy to write in and fits a standard Avery or equivalent label for adding more words a school needs.

What about Wellbeing?

Resilience Circle is designed to support the development of Wellbeing in students. Resilience, Wellbeing, life skills, and positive mental health are all different aspects of the skills people need to be full, active, and healthy members of society.

How many cards will I need?

Depends how you use them. They are intended to record clear cut examples of Resilience so students should complete one per fortnight on average, but your use will vary.

How can we try resilience Circle out to see if we like it?

You can buy a starter pack of 300 standard cards and 3 different colour standard stamps for just £50 plus postage and packing (price correct at August 2020) to try it out. Usually enough for three primary or 2 secondary classes for around 6 to 10 weeks.

Can I print / Photocopy my own versions?

Sorry no, Resilience Circle has been developed over many years by educational professionals and is copyright to AJ Booker. You will also notice that its far cheaper to buy cards from us than photocopy your own, plus ours are a better quality print, and much more durable than photocopier card ones!

We have bought a behaviour / resilience system already, can we use this alongside it?

Depends. If you can realistically adapt our cards to your system, then yes go ahead. Especially if it makes your existing system more likely to be successful, easier, and quicker for your staff to master.

If we did need some help, could we get it?

Yes. For standard questions there is free email support for one year from the date of any purchase. If you need more help, we offer remote (Zoom) or in person INSET as well as customised INSET materials. Many schools and groups will find the free resources cover their needs but if you do want professional INSET run, then please contact us for prices at info@ajbox.co.uk

Anything free available?

Yes, there are extensive free resources and templates downloadable from www.ajbox.co.uk. You can download these before you decide to try Resilience Circle to get more information and see the range of free materials that help you implement it. These include introductory videos,

Presentations to use with staff parents and students and a wide variety of free practical resilience Circle themed activities requiring minimal setup and giving maximum learning potential.

Are there any real proper specific projects using Resilience Circle?

5 resilience circle themed wooden STEM kits are available to download from AJBOX. These all have extensive free notes, presentations, assembly instructions and worksheets. They are priced less than £2.50 per student for a fully working STEM focussed 3D mechanism that students can use for a wide variety of exploratory activities and Resilience Building.

This is just too simple for us; it does not do what we think we need

That is perfectly understandable. Resilience Circle is intended to be a super easy to start and run system but inevitably it will not cover as much detail as a fully-fledged (and expensive in time and money) system. You may wish to try Resilience Circle system first for a term or year, and then decide if you really need anything more complex. Many schools recognise the main benefit of the Resilience Circle system is not needing to burden their teachers with recording in fine detail where up to 35+ resilience skills are used in school. It can quickly become a monster rather than a asset.

How do I get more Resilience Cards Quickly?

Just go to the website (www.ajbox.co.uk) on the cards, all orders by PayPal, full invoices given. Sorry we do not take school orders to keep admin costs and therefore prices down, but it also means it takes only days to get things to you.

Why do you not accept school orders?

It costs a lot of time and money to process school orders and we want to keep the price to you as low as possible, and so we can give you a quick efficient service. Buying through PayPal gives you security, traceability with full invoicing, and means we can send your orders quickly when you need them, and most schools have a PayPal or credit card account nowadays.

How do I order custom cards?

If you've never used Resilience Circle System before, It's best to try out the starter set of 300 cards and three stamps and use it for a few weeks with some classes to see what changes you want to make, and to give staff time to work out how they would use custom cards. Then contact us and explain what you are after and include any logos that needs to be included. An artwork fee of £75 (first order only) is payable at this stage and in return you will get a PDF of your design sent to you for approval. When you are happy with this, simply order the cards. Minimum 5000 cards but prices are identical to standard cards.

Do you need INSET / training before you can use Resilience Circle?

No, Resilience Circle is intended to be self-taught in many cases. INSET training is available, but it is not compulsory. We hope that the extensive help resources will be suitable for most schools and using it you can run your own INSET easily, but where you want to have a big launch, maybe include parents in it and have someone run amazing practical fun activities highlighting the resilience categories, then we can do this for you. Please contact us for a quote. AJ Booker has extensive experience developing and delivering inspiring and educational INSET and launch events to schools, parents and carers, governors, and other groups.

Do you do special event days?

Yes, we can travel to you, bringing all equipment, and run an event such as the NOLO STEM

activities or the wooden educational kits you can see on www.ajbox.co.uk. AJ Booker has worked as a Teacher and an Educational Consultant for many years, developing and delivering outstanding, innovative, exciting, and memorable training days for schools, companies, and education focussed organisations. Please contact us for more details at info@ajbox.co.uk

How are cards delivered?

Cards arrive by secure parcel post, ready sorted into bundles of 50 cards. Rubber stamps are occasionally sent separately to the cards.

Can we buy the cards and just get staff to sign in the circles instead?

Of course, but you will know that staff often make a cursory squiggle on report cards that you cannot read. The resilience circle stamps have the advantages that they cannot be forged by students, they remind students of the three core principles of resilience built into the logo, and helpfully, they can be colour coded or custom made for different people / departments / contexts as required. Also, students, even big older students, like collecting the resilience circle stamps and gaining the sense of achievement from having a card stamped to recognise they are developing resilience skills as they work.

We like the cards, but can we use the wider concepts of Resilience Circle in our curriculum as well as just for recording Resilience Skills?

Of course. By using the cards regularly in your school, you also gain the right to use the Resilience Logo and underlying concepts for free in your worksheets, website etc while you are using our Resilience Circle Cards. Resilience Circle is kept deliberately simple so it can be applied to other contexts. To help you there is a free directory of graphics in different formats and sizes you can download and utilise in your worksheets, wall displays, teaching materials, websites, newsletters and any other use to promote the concept of Resilience Circle in your school and help your students build their individual resilience skills. We can also offer Consultancy in advising you how best to implement it in many different educational contexts. Remember that this is for use supporting the Resilience Circle card system and we still own the copyright and design rights to the idea and graphics. No rip-offs please, and please continue to buy the cards.

The cards look very simple.

They have a deliberately clean look with neutral colours, so they are suitable across a student's whole educational journey. If they had cartoon characters, certain colour combinations, big comic 'Pow' graphics, or motto's / catch phrases it would restrict where and when they could be used. A 'Fluffy Bunny Piggy' character may motivate a 6-year-old but is limited in its age appeal when compared to a young person's full educational experience. Resilience Circles simplicity makes it easy to implement alongside your existing systems at any stage of a student's journey.

Are these only for use in schools?

You can use Resilience Cards in many ways. For example, on an educational trip, for Scout troops, Youth groups, STEM days, museum visits and any other situations where you wish to recognise and reward young people building resilience skills, and have a record of their progress.

Why did AJBOX develop Resilience Circle?

We have experienced schools and other places being incredibly keen on integrating and promoting resilience in their curriculum, but find the actual practical implementation tricky. A schools existing data systems are usually for generating data comparing students' academic outcomes.

Though such outcomes are vital, developing resilience is more of a personal journey, one many young people will travel in quite different ways to build the same resilience skills. With Resilience Circle a young person with a musical skill can have their resilience skills rewarded as equally as somebody working on a mathematics competition. Also, by emphasising Personal Resilience Growth and acknowledging that Resilience can be developed in many different ways, Resilience Circle allows students at all academic levels to realise that their Resilience Skills can be effectively developed through what they choose to do, and see the progress they are personally making over time.

We have students who would find the cards tricky to read / understand

There is an A3 format black **OpenDyslexic** font PDF worksheet of a simplified resilience card layout you can download to use in explaining the system. Once students understand the relationship between this and the standard cards, they should have few problems using the standard cards. When choosing rubber stamps for teachers of some students, you might find it helps to choose custom designs with symbols in the centre representing the type of resilience skill built and issue their teachers with a set of three. We recommend ordering custom stamps with:

- A head shape symbol for 'Thinking Skills'
- A question mark symbol for 'Creativity Skills'
- An explanation mark for 'Problem Solving Skills'

Are the rubber stamps only for use with the cards?

Not at all. They can also be used directly on a Student's work where resilience Skills have been demonstrated by stamping the Resilience Circle logo. You can also use the free graphics to add the Resilience Circle logo to electronic work and mark schemes.

I am worried about losing the Rubber stamps?

Each stamp is supplied with a mini loop with a spring-loaded clasp on it that sticks to the cover of the stamp. Clip it to a lanyard or bag so it is easily accessible. The self-inking stamp is clean to use and will do many thousands of impressions before needing the ink pad replacing if kept in its cover. Replacement ink pads are widely available and take seconds to cleanly swap over.

Where are the trophies, chocolates, T-Shirts, mugs, and other items with Resilience Circle logo's on?

They are absolutely nowhere. Resilience Circle encourages you to integrate it with how you prefer working with students and that includes any reward system you are already using. If you want to create your own rewards, use the free artwork in the support section at www.ajbox.co.uk to order them. Just send the graphics to someone on eBay and they will sort it for you. It is going to be a lot cheaper than us selling them to you! (Some firms charge £12 for a mug with a few chocolates in, plus postage! £10+ for a t shirt!)

Where are the Printed Teachers Guides, Ring binders, Posters etc?

The posters are free to download and have been supplied as A3 PDF documents so you can print your own in colour or black and white, as many as you want. You are reading the 'printed teachers Guide' and the rest is in the 'free downloads on www.ajbox.co.uk . Being a low-cost system, we do not want to charge you for shiny binders that just take up shelf space.



END

AJ Booker – July 2020

