

Resilience, learning and teaching

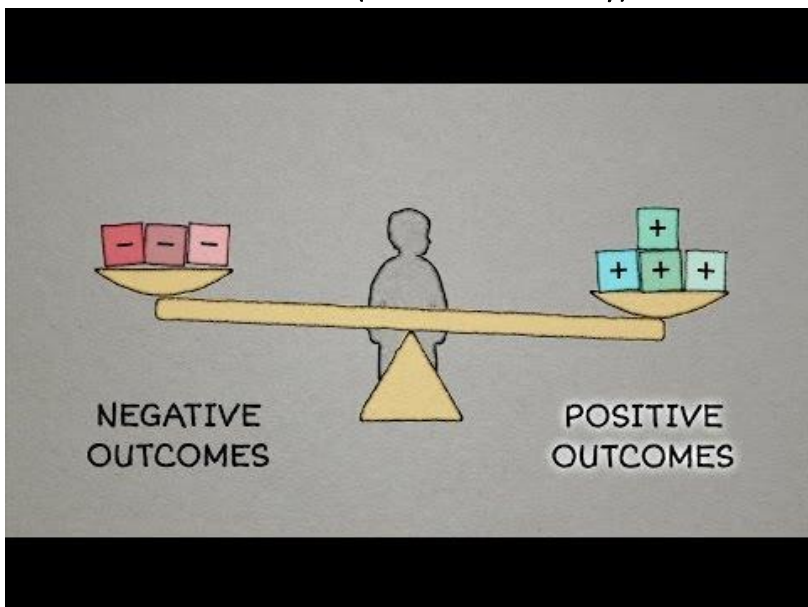
Knowing others is wisdom, knowing yourself is enlightenment. – Lao Tzu

The following YouTube videos don't require a lot of listening time, so more time for thinking and observation time!

Rubber Band Kids: Kids Matter and Resilience (KidsMatter)



The Science of Resilience (Harvard University)



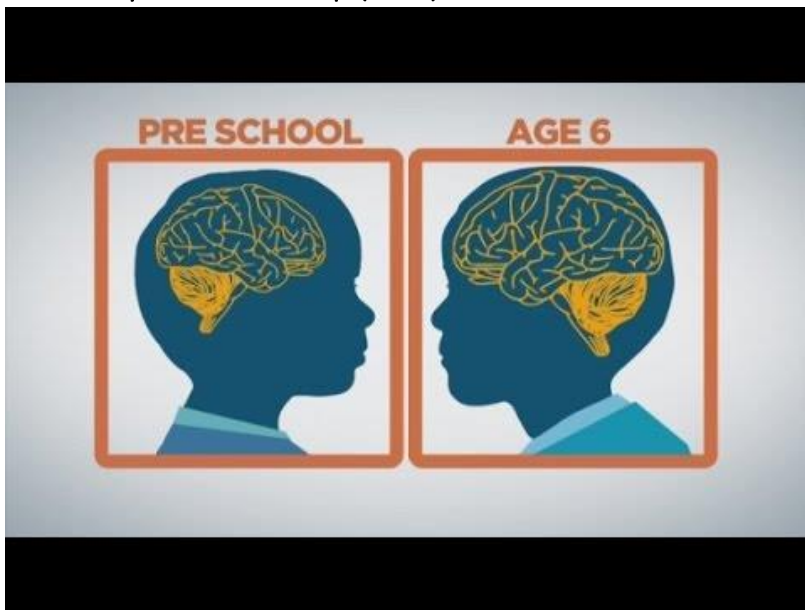
Executive Function: Skills for Life and Learning (Harvard University)



Experiences build brain architecture (Harvard University)



How baby brains develop (CNN)



Articles on resilience, learning and teaching

[The Myth of Learning Styles](#) by Olga Khazan (The Atlantic: 11th April 2018)

[The Fragile Generation: Bad policy and paranoid parenting are making kids too safe to succeed](#) by Lenore Skenazy and Jonathan Haidt (The Reason: December 2017 digital issue).

[The Foundations of the Resiliency Framework](#) by Bonnie Benard (Resiliency in Action).

[7 common sense building blocks for your child's brain](#) by Dr Sarah McKay (Your Brain Health: 23rd June 2018).

Some recent NZ research

[Social, Emotional and Behavioural Difficulties in New Zealand Children: New Zealand Health Survey](#) (2018) explores the prevalence of social, emotional and behavioural difficulties in New Zealand children aged 3–14 years. This Ministry of Health publication reports on differences in the prevalence and nature of the difficulties experienced by children across age, sex, ethnicity and neighbourhood deprivation.

[The relationship between participation in singing programmes and student well-being in a Christchurch primary school.](#)

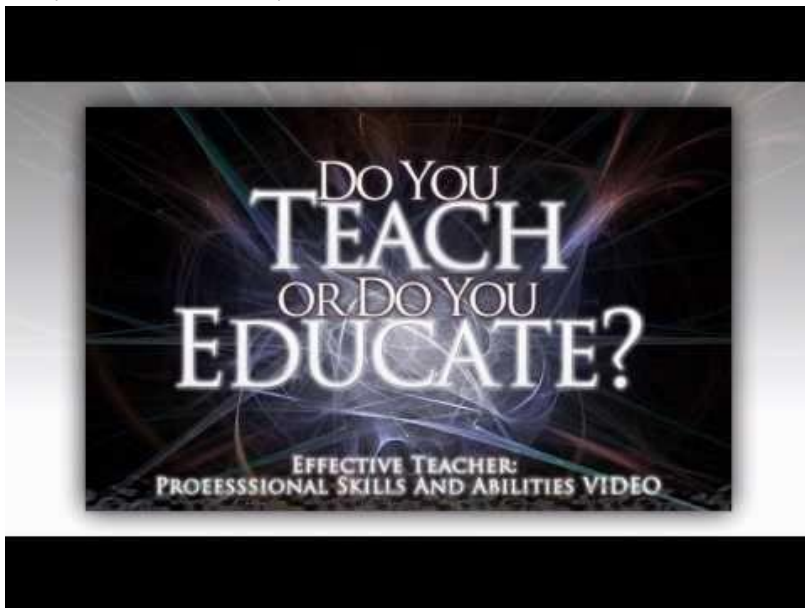
This research by Dr Daphne Rickson, Dianna Reynolds, and Dr Robert Legg was conducted at Waitākiri School in Christchurch. The school was formed in 2014 as part of the larger restructuring of Christchurch schools following the 2010–2011 earthquakes. Daily singing was one of three activities (singing, physical activity, and laughter) that they believed would provide learners with enjoyable 'brain breaks' which would in turn prepare them for learning by supporting their focus and attention.

More videos on resilience, learning and teaching

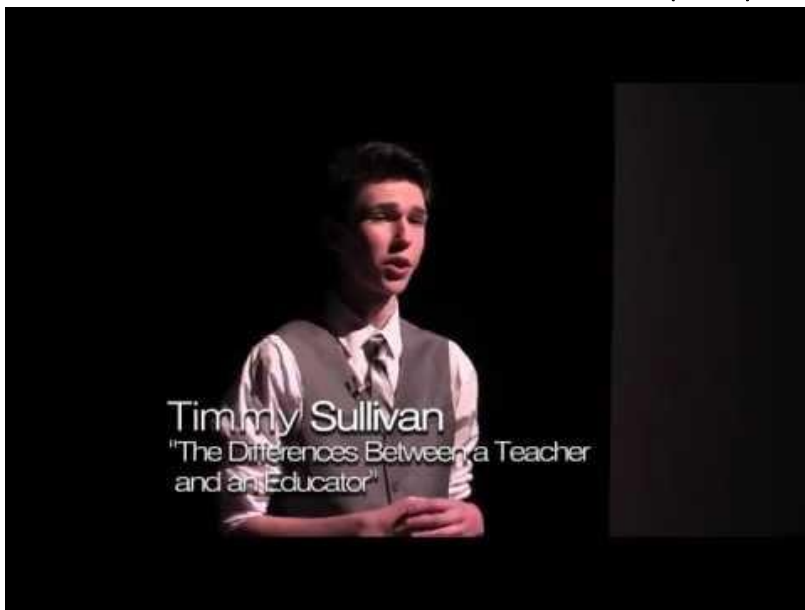
Transforming/ Rethinking Learning (Student Centred Learning)



Do you teach or do you educate?



The difference between a teacher and educator (TEDx)



Learning styles and the importance of critical self-reflection (TEDx)



Contact Richard Wisnesky at Community and Public Health for more details on this information sheet (richard.wisnesky@cdhb.health.nz or 03 364 1777).