

## Activating Resilience and Coping (ARC):

A Cognitive Behavioural Approaches programme to promote resilience and coping skills in children and young people

<b>For what age?</b>	<b>At what level?</b>
<b>Key Stage 2 - Key Stage 3</b>	Universal or small groups

### What is the 'Activating Resilience and Coping' Programme?

This programme, written by Northamptonshire Educational Psychology Service, introduces children and young people to helpful strategies and ways of thinking based upon Cognitive Behavioural Approaches (CBA).

It provides schools with session plans and resources that they can use with their students, in order to:

- Teach life skills for coping with challenging situations.
- Normalise states of emotional distress, and develop self-regulation and self-soothing skills.
- Recognise the links between thoughts, feelings and behaviours.
- Build positive social networks and role models, and teach constructive peer relationship skills, thus reducing bullying.
- Improve attitudes to learning and academic performance.

### How do we know it works?

There is increasing evidence that Cognitive Behavioural Approaches can be effective for children and young people, enabling them to:

- Better understand their individual problems/ challenges.
- Identify links between their thoughts, emotions and behaviour.
- Try out different ways to problem solve.

Research into other programmes underpinned by Cognitive Behaviour Approaches, indicate that such programmes help children and young people to:

- Manage and prevent anxiety difficulties
- Become more socially competent
- Develop positive coping strategies
- Increase self esteem
- Develop emotional literacy skills
- Build resilience in coping with the stresses arising from everyday life.

## How can I access training?

To access centralised training in the ARC Programme, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

[tamhs@childrenfirstnorthamptonshire.co.uk](mailto:tamhs@childrenfirstnorthamptonshire.co.uk) or by speaking to your Link Educational Psychologist.