

Activating Resilience and Coping (ARC): A Cognitive Behavioural Approaches programme to promote resilience and coping skills in children and young people

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Ages

Key stage 2 to key stage 3

Level

Universal or small groups

This programme introduces children and young people to helpful strategies and ways of thinking based on Cognitive Behavioural Approaches (CBA). It provides schools with session plans and resources to use with 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 it helps children

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

- better understand their individual problems or 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 indicates 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 to access ARC training

[See our training courses](#) for information about what courses are available to book onto this academic year.

Training at your school, or within clusters, for your staff can be commissioned by contacting the TaMHS

Administrator: tamhs.ncc@northnorthants.gov.uk or by speaking to your Link Educational Psychologist.