



**Anchor Approach  
Resilience Indicator & Strategy Tool  
(RIST)  
TEACHER PACK INSTRUCTIONS**

# TEACHER PACK

## The pack contains:

- Instructions (this page)
- R1 – Teachers Resilience Indicator Form (2 pages)
- R2 – General Resilience Strategies (1 page) & Specific Resilience Strategies (5 pages)
- R3 – RIST Glossary (2 pages)

## INSTRUCTIONS:

1. Identify a student who you are concerned about, i.e. shy/unhappy/angry.
2. Complete the Resilience Indicator Form (R1) as follows:
  - I. Fill in child’s name, class/year group, date and your name.
  - II. Read each numbered statement in turn, area of strength to area of development.
  - III. Decide where on the scale the student’s behaviour falls. Scale descriptions can be found towards the top of the R1 form.
  - IV. Enter this number onto the grid in the corresponding column (see Figure 1).

Pupil: AA	Date: 3/3/24	Class/Year: 5	Staff completing form: Cath Amhem
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**THE ANCHOR APPROACH**  
**Teacher’s Resilience Indicator Form (R1)**  
**R1**

First, choose a score, either 4, 3, 2, or 1 for each of the statements below

<b>4 = Strength</b>	Student consistently displays this positive behaviour
<b>3 = Relative Strength</b>	Student displays some of this positive behaviour but not consistently
<b>2 = Relative Difficulty</b>	Student rarely displays this positive behaviour
<b>1 = Difficulty</b>	Student never displays this positive behaviour

Once you have scored the form look for areas that are lower scoring - mainly 1's or 2's. Choose one or two behaviours that are causing most concern. Then turn to the strategy sheets for ideas on how to support student in this area.

Area of Wheel	Area of Strength	4	3	2	1	Area for Development
Belonging	1 Likes school/lessons/teacher		3			Dislikes school/lesson/teacher
	2 Has at least one good friend	4				Has difficulty forming friendships/often alone
	3 Participates in wider school activities			2		Does not participate in wider school activities
	4 Is always in full school uniform /wears appropriate clothes to school			2		Takes liberties with school uniform/wears inappropriate items in school
	5 Can manage confrontation				1	Easily triggered into a shame response e.g., runs off, shouts/hits out, stops talking/hides
	6 Arrives on time to lesson/school		3			Arrives late or walks out of lesson

SLT Use only: Belonging Raw Score = Resilience Quotient (RQ) =

Figure 1: Using the R1 Resilience Indicator Form

- Once each statement has been scored, look at which area of the Resilience Wheel indicates greatest need. i.e. the area where there are mainly low scores. If you are uncertain, start with belonging to increase feelings trust and safety. You may want to discuss this with the Lead Teacher.
- Next, look at the General Strategies (R2) for that area of need. Incorporate as many of the 'General Strategies' into your daily practice as possible.

BELONGING	ACHIEVING	EMPOWERMENT	PURPOSE
<p><b>ACHIEVING</b> - Encourage positive attitudes towards learning and achievement. Look for those in your practice as they progress in learning.</p> <ul style="list-style-type: none"> <li>Identify and celebrate strengths, skills and achievements.</li> <li>Encourage children to set goals and work towards them.</li> <li>Encourage children to share their experiences and achievements.</li> <li>Encourage children to help others and work together.</li> <li>Encourage children to participate in activities and projects.</li> <li>Encourage children to take responsibility for their own learning.</li> <li>Encourage children to be resilient and persevere.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be respectful and kind.</li> <li>Encourage children to be responsible and reliable.</li> <li>Encourage children to be creative and imaginative.</li> <li>Encourage children to be curious and inquisitive.</li> <li>Encourage children to be open-minded and accepting.</li> <li>Encourage children to be self-aware and reflective.</li> <li>Encourage children to be empathetic and caring.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> <li>Encourage children to be resilient and persevere.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be respectful and kind.</li> <li>Encourage children to be responsible and reliable.</li> <li>Encourage children to be creative and imaginative.</li> <li>Encourage children to be curious and inquisitive.</li> <li>Encourage children to be open-minded and accepting.</li> <li>Encourage children to be self-aware and reflective.</li> <li>Encourage children to be empathetic and caring.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> </ul>	<p><b>EMPOWERMENT</b> - Empowerment is the process of becoming more confident and capable. It is about taking control of your own life and making choices that are right for you.</p> <ul style="list-style-type: none"> <li>Encourage children to take responsibility for their own actions.</li> <li>Encourage children to make choices and decisions.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be resilient and persevere.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be respectful and kind.</li> <li>Encourage children to be responsible and reliable.</li> <li>Encourage children to be creative and imaginative.</li> <li>Encourage children to be curious and inquisitive.</li> <li>Encourage children to be open-minded and accepting.</li> <li>Encourage children to be self-aware and reflective.</li> <li>Encourage children to be empathetic and caring.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> </ul>	<p><b>PURPOSE</b> - Purpose is the reason for your existence. It is what gives your life meaning and direction. It is the things that you care about and the things that you want to achieve.</p> <ul style="list-style-type: none"> <li>Encourage children to think about their future and what they want to do.</li> <li>Encourage children to set goals and work towards them.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be resilient and persevere.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be respectful and kind.</li> <li>Encourage children to be responsible and reliable.</li> <li>Encourage children to be creative and imaginative.</li> <li>Encourage children to be curious and inquisitive.</li> <li>Encourage children to be open-minded and accepting.</li> <li>Encourage children to be self-aware and reflective.</li> <li>Encourage children to be empathetic and caring.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> </ul>	
<p><b>SAFETY</b> - The need to feel physically &amp; emotionally safe &amp; content in what they are doing.</p> <ul style="list-style-type: none"> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be resilient and persevere.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be respectful and kind.</li> <li>Encourage children to be responsible and reliable.</li> <li>Encourage children to be creative and imaginative.</li> <li>Encourage children to be curious and inquisitive.</li> <li>Encourage children to be open-minded and accepting.</li> <li>Encourage children to be self-aware and reflective.</li> <li>Encourage children to be empathetic and caring.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> </ul>	<p><b>ADVENTURE</b> - We have a habit for adventure. When we need to do it, we are able to take responsibility for our own actions and make choices that are right for us.</p> <ul style="list-style-type: none"> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be resilient and persevere.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be respectful and kind.</li> <li>Encourage children to be responsible and reliable.</li> <li>Encourage children to be creative and imaginative.</li> <li>Encourage children to be curious and inquisitive.</li> <li>Encourage children to be open-minded and accepting.</li> <li>Encourage children to be self-aware and reflective.</li> <li>Encourage children to be empathetic and caring.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> </ul>		

**R2: General Strategies**

- Using the R1 form, choose 1 or 2 specific behaviours that you consider could benefit from support. Use the 'Specific Strategy' Sheets to identify the area of development that corresponds to those on the R1 form. N.B. the 'Specific Strategies' are more effective when the 'General Strategies' are used consistently.

BELONGING	ACHIEVING	EMPOWERMENT	PURPOSE
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It is about feeling like you are part of something and that you are supported.</p> <ul style="list-style-type: none"> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be resilient and persevere.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and assertive.</li> <li>Encourage children to be respectful and kind.</li> <li>Encourage children to be responsible and reliable.</li> <li>Encourage children to be creative and imaginative.</li> <li>Encourage children to be curious and inquisitive.</li> <li>Encourage children to be open-minded and accepting.</li> <li>Encourage children to be self-aware and reflective.</li> <li>Encourage children to be empathetic and caring.</li> <li>Encourage children to be resilient and bounce back.</li> <li>Encourage children to be confident and brave.</li> <li>Encourage children to be responsible and accountable.</li> <li>Encourage children to be respectful and considerate.</li> <li>Encourage children to be self-motivated and driven.</li> </ul>	<p><b>ACHIEVING</b> - Encourage positive attitudes towards learning and achievement. 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**R2 Specific Strategies (this image shows 'Belonging')**

Highlight up to 3 strategies you would like to try and date them (this will be a useful baseline for later).

Use the RIST Glossary if you require any further explanation of strategies or discuss with Lead Teacher SLT. Some of the strategies may need further explanation, particularly if you have not received recent Anchor Approach Training. The Lead teacher can support you with this.