# Government resilience lessons risk missing mark as truancy and anxiety soar



The notion of resilience in children is often touted as a crucial educational goal, particularly in light of government announcements aimed at integrating such lessons into school curricula. However, this approach raises questions about the underlying assumptions regarding learning from failure and the very nature of resilience itself. Many argue that resilience cannot merely be taught; it must be experienced. The visceral nature of failure—feeling the sharp pang of disappointment and then learning to overcome it—is integral to character development.

Recent government plans to implement lessons specifically designed to toughen children up can be seen as a misunderstanding of resilience's true essence. The call to action may superficially seem beneficial, yet it appears more reflective of a broader crisis in school attendance than a genuine commitment to educational enrichment. The term “flexi-schooling,” previously obscure to many, has gained traction as children increasingly attend school part-time, influenced by both the flexibility of remote work for parents and the increasing prevalence of fear and anxiety surrounding school environments. The current landscape poses a risk of producing a generation ill-equipped to participate fully in an economy already grappling with significant skills shortages.

Ofsted's chief inspector has described the alarming rates of absenteeism as a "stubborn and damaging issue," underscoring the urgency of addressing the reality that many children feel unsafe or overwhelmed by school life. There is a marked difference in the reasons for truancy today. Where once it was often attributed to boredom or apathy, now it reflects a complex interplay of anxiety and behavioural challenges exacerbated by contemporary parenting styles that sometimes lean towards overly permissive techniques. This shift engenders a sense of entitlement and an aversion to risk, making it all the more essential to foster environments where children can fail and learn from their mistakes.

Despite these challenges, various experts propose healthier ways to encourage resilience. Suggestions include spending quality time with children, promoting patience through collaborative games, and fostering decision-making skills—strategies that emphasise learning through engagement rather than rigid educational frameworks. Encouraging children to step out of their comfort zones and empowering them to manage their feelings and setbacks are all viable avenues for building emotional strength.

Outdoor educational experiences have also proven effective, demonstrating the power of adventure in nurturing resilience. Activities such as climbing and orienteering serve not just to challenge young people physically but also to foster essential life skills and facilitate character development. By engaging in these experiences, children learn to navigate real-life challenges in a supportive environment where the stakes are lower than in the high-pressure atmosphere of traditional classrooms.

Parents play a vital role in this learning process, acting as guides who allow children to confront difficulties while providing a safety net. The balance between shielding children from harm and allowing them to experience the natural consequences of their decisions is delicate but crucial for their development. The idea is not to provide a cushioned existence but to prepare them for the inevitable challenges of life.

Moreover, shifting focus from prescriptive educational methods towards experiential learning may be a more effective way to equip children with the resilience they need. This perspective aligns with recent calls within educational circles for a more comprehensive approach that integrates mental and emotional well-being into everyday learning.

As society grapples with these pressing challenges, it’s clear that merely implementing lessons on resilience is not enough. It requires a concerted effort from educators, parents, and communities to embrace the unpredictability of life. Ultimately, resilience will flourish in environments that allow children to feel deeply, learn from their failures, and emerge stronger and more capable of facing the complexities of an increasingly demanding world.

## Reference Map:

* Paragraph 1 – [[1]](https://www.edp24.co.uk/news/25200809.rachel-moore-dont-build-resilience-lessons-curriculum/?ref=rss), [[2]](https://www.bbc.co.uk/bitesize/articles/zbbrrj6)
* Paragraph 2 – [[1]](https://www.edp24.co.uk/news/25200809.rachel-moore-dont-build-resilience-lessons-curriculum/?ref=rss), [[3]](https://www.bbc.co.uk/bitesize/articles/zy4rn9q)
* Paragraph 3 – [[4]](https://www.theguardian.com/anything-but-textbook/2025/mar/05/the-outdoor-educational-trips-helping-young-people-build-resilience-and-have-a-great-time-while-theyre-at-it), [[5]](https://www.bbc.co.uk/teach/live-lessons/articles/zdk2dp3)
* Paragraph 4 – [[6]](https://www.twinkl.co.uk/resource/building-resilience-with-children-au-he-1673260420), [[7]](https://www.gov.uk/government/publications/teaching-approaches-that-help-to-build-resilience-to-extremism-among-young-people)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.edp24.co.uk/news/25200809.rachel-moore-dont-build-resilience-lessons-curriculum/?ref=rss> - Please view link - unable to able to access data
2. <https://www.bbc.co.uk/bitesize/articles/zbbrrj6> - This article provides guidance on helping children build resilience, offering tips such as spending quality time together, encouraging them to step out of their comfort zones, and focusing on good sleep habits. It also suggests maintaining a positive outlook, teaching problem-solving skills, and promoting patience through activities like board games. These strategies aim to equip children with the mental and emotional flexibility needed to cope with challenges and setbacks.
3. <https://www.bbc.co.uk/bitesize/articles/zy4rn9q> - Dr. Sandi Mann discusses five ways to build a child's resilience, including helping them manage uncertainty, cope with setbacks, embrace mistakes, empower them to make decisions, and challenge unhelpful thinking patterns. The article emphasizes that resilience is crucial for children to navigate life's challenges and highlights the importance of allowing children to experience and learn from difficulties to develop this trait.
4. <https://www.theguardian.com/anything-but-textbook/2025/mar/05/the-outdoor-educational-trips-helping-young-people-build-resilience-and-have-a-great-time-while-theyre-at-it> - This article explores how outdoor educational trips can help young people build resilience and confidence. It highlights the role of activities like climbing, orienteering, and archery in fostering character development. The piece also discusses the importance of allowing children to make mistakes in a supportive environment and the benefits of limiting screen time to encourage face-to-face communication and social skills.
5. <https://www.bbc.co.uk/teach/live-lessons/articles/zdk2dp3> - This Live Lesson is designed to help pupils transition back to school, focusing on resilience and exercise to achieve positive wellbeing. It provides resources for teachers and pupils, including activity booklets and guidance on creating a safe and supportive learning environment. The lesson aims to equip children with strategies to manage their feelings and develop resilience during periods of change.
6. <https://www.twinkl.co.uk/resource/building-resilience-with-children-au-he-1673260420> - This guidance document offers educators and families strategies to encourage and develop children's resilience. It defines resilience as the ability to 'bounce back' after experiencing loss, not achieving a goal, or facing negative feelings. The resource provides practical tips and activities to help children cope with challenges and work through them successfully, aiming to equip them with the mental, emotional, and behavioural flexibility needed to navigate life's difficulties.
7. <https://www.gov.uk/government/publications/teaching-approaches-that-help-to-build-resilience-to-extremism-among-young-people> - This research study examines teaching methods that help build pupils' resilience to extremism. It includes in-depth case studies, interviews with teachers, practitioners, and students, and classroom observations. The study aims to identify effective teaching approaches that can enhance young people's ability to resist extremist influences and promote positive behaviours.