

A TEACHER'S GUIDE TO BUILDING RESILIENCE THROUGH PHYSICAL AND HEALTH EDUCATION

by:

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Resilience is a valuable skill for students in our rapidly changing world. As teachers in MAPEH, especially in the sub-disciplines of Physical Education (PE) and Health, we have a unique role in fostering it through physical and health education. Resilience means the ability to bounce back from challenges (Hurley, 2022; Sutton, 2019), adapt to new situations and maintain overall well-being (ReachOut Australia, 2023), which is crucial for students' success in both their academic and personal lives.

In physical education, teachers can emphasize the importance of maintaining physical fitness. Engage students in physical activities that challenge them both physically and mentally, such as sports, dance, and fitness routines. These activities help students develop endurance, discipline, and perseverance, essential aspects of resilience.

Health education provides a platform to teach students about the connection between physical health and mental resilience. Encourage good nutrition, regular exercise, and proper self-care, as a healthy body supports a healthy mind. Educating students on these aspects gives them valuable tools for managing stress and adversity.

Physical and health education often involve teamwork, communication, and collaboration. These experiences teach students how to work effectively with others, resolve conflicts, and seek support when facing challenges. These social and emotional skills are vital for resilience as they enable students to navigate life's ups and downs.

Our role as educators is pivotal in nurturing resilience in our students. We can create a supportive learning environment where students feel safe to take risks and make

mistakes. Set high expectations for them, motivating them to push their limits, both physically and mentally. Provide constructive feedback that encourages them to see mistakes as opportunities for growth. Celebrate their achievements, no matter how small, to boost their self-esteem and inspire perseverance. By emphasizing a growth mindset and leading by example, we can instill in our students the invaluable trait of resilience, setting them on a path to succeed in an ever-changing world.

References:

Hurley, K. (2022, July 14). What is resilience? Your guide to facing life's challenges, adversities, and crises. <https://www.everydayhealth.com/wellness/resilience/>

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Sutton, J. (2019, January 3). What is resilience, and why is it important to bounce back?

<https://positivepsychology.com/what-is-resilience/>