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SPARC – SCHOLAVIE

SPARC Apprendre à rebondir is a *ScholaVie* programme and the French adaptation of SPARK Resilience (Ilona Boniwell & Lucy Ryan, 2010), already implemented in many different countries. SPARC Apprendre à rebondir aims to develop resilience via fun educational activities. The curriculum is based on research findings from four fields of study: cognitive-behavioural therapy, resilience, post-traumatic growth and positive psychology. Based on the SPARC acronym, it teaches students to break simple and complex situations into manageable components of a Situation, Perception, Affect, Reaction and Consequences. The programme uses hypothetical scenarios to show how everyday Situations can trigger Perceptions, which in turn generate Affect (feelings and emotions) that drive our Responses and bear Consequences. Thus, participants learn how to challenge their interpretation of life situations and consider alternatives in order to both manage everyday situations and build their resilience in the longer-term. During the preconference Intervention Fair, participants will become playmates in '*Aventure Résilience*', a board game that helps children and teenagers practice these skills and engages in them in a fun way.