

# LET'S GET READY FOR SCHOOL...

07

Practical Strategies to Help Children Build Resilience

11/13

Problem solving

Build a Strong Emotional Connection

Promote Healthy Risk-Taking

Resist the Urge to Fix It and Ask Questions Instead

Teach Problem-Solving Skills

Label Emotions

Demonstrate Coping Skills

Embrace Mistakes—Theirs and Yours

Promote the Bright Side—Every Experience Has One

Model Resiliency

Go Outside

When stress kicks in, emotions run hot. Teach your children that all feelings are important and that labelling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

SCHOOL CLOSURE DURING COVID-19 WILL HAVE CAUSED MANY STUDENTS ANXIETY, DEPRESSION AND TRAUMA. WE WILL BE POSTING ADVICE TO HELP BUILD OUR CHILDREN'S RESILIENCE LEVELS, WHICH WILL PREPARE THEM NOT ONLY FOR RETURNING TO SCHOOL, BUT HELP THEM COPE FOR LIFE BY TEACHING THEM VITAL SKILLS.

Label  
Emotions