

# 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

Optimism and resiliency go hand in hand. Some children may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

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.

## The Bright Side