



## Resilience Tips

Teaching the language of resilience is no different from teaching the language of a native tongue. We encourage you to help your child/student learn the vocabulary of resilience and help them practice the concepts daily!

- **The Ability to Calm Oneself:** Managing emotions may be THE biggest skill demanded of a child! *Help your child/student find ways to calm down*, like taking five deep breathes.
- **Expressing Feelings:** *Help your child/student learn to recognize different emotions and name them.* Validate their feelings.
- **Giving a Child Choices:** Learning that every choice has a consequence is essential. This builds decision making skills. *Give your child/student choices any time you can.*
- **Mastering a Skill:** Children must learn it takes time to develop and master skills. Mastery teaches competence, perseverance and commitment. *Help your child master at least one skill.*
- **Showing Empathy:** Do you remember what it felt like to be small and powerless as a child? *Put yourself in your child's shoes.* You will be effective in modeling behavior and sensitivity.
- **Developing Self-Esteem:** A child's self-esteem begins with the messages received from parents. *Tell them you love them for who they are and NOT what you want them to be.*

**Children's Resilience Initiative: Check out the web site:**

[www.resiliencetrumpsaces.org](http://www.resiliencetrumpsaces.org)