



Build your Resilience



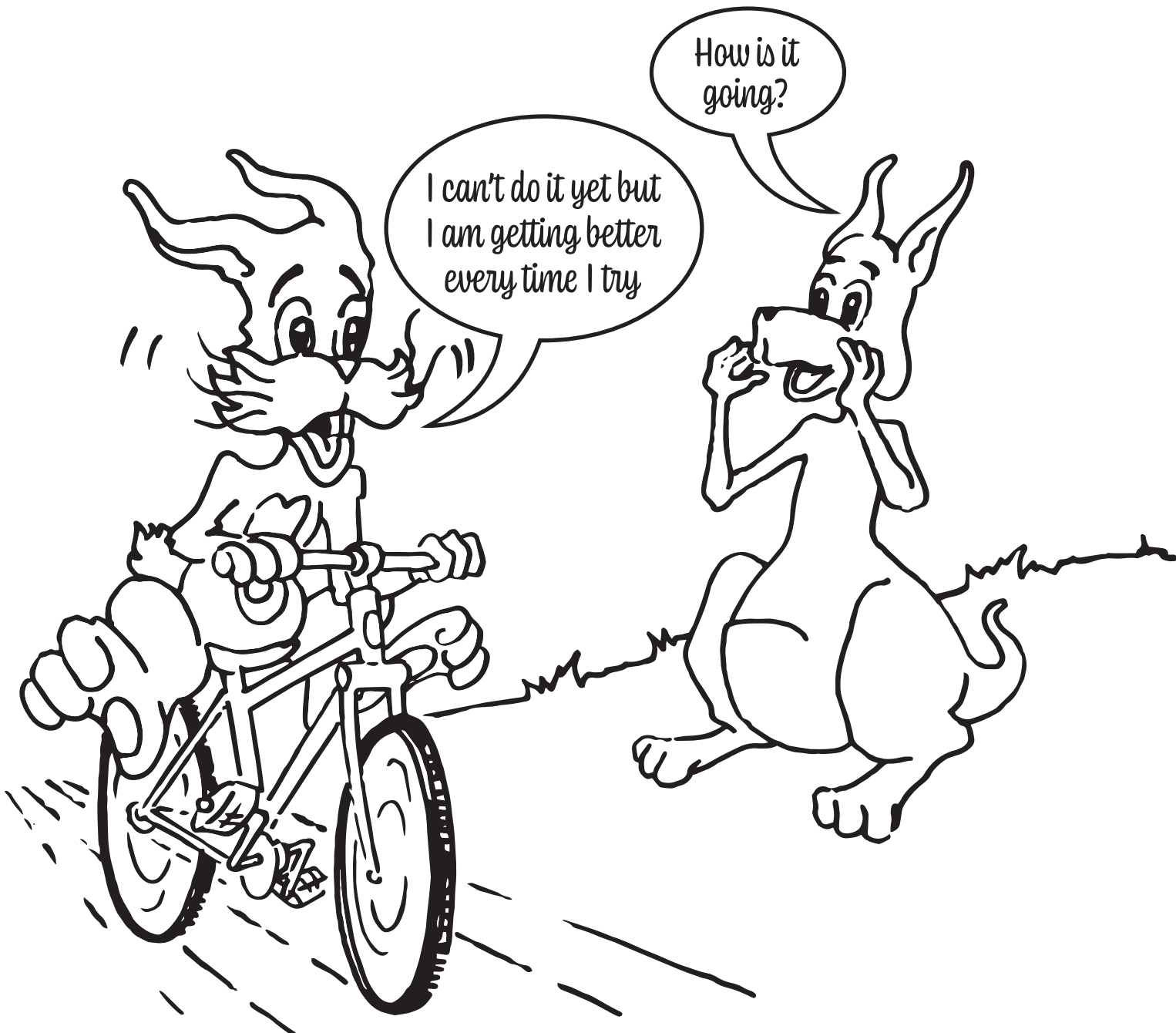
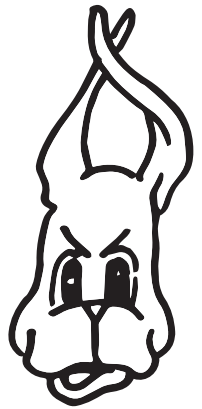
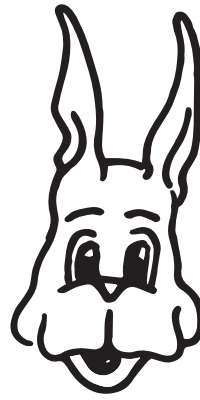
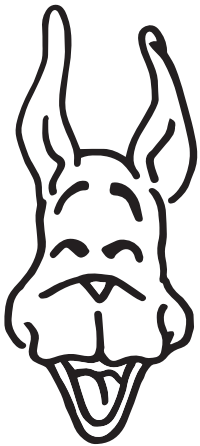
Take a break from your day and colour me in!

What is Resilience?

The ability to bounce back from hard times.

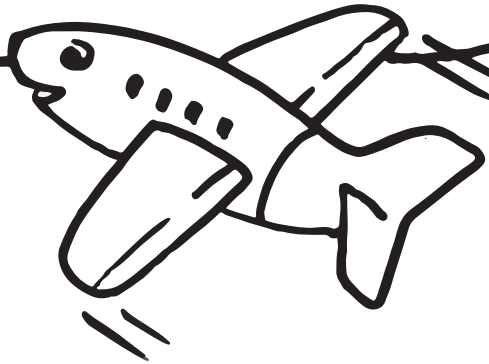
Everyone can learn how to be resilient!



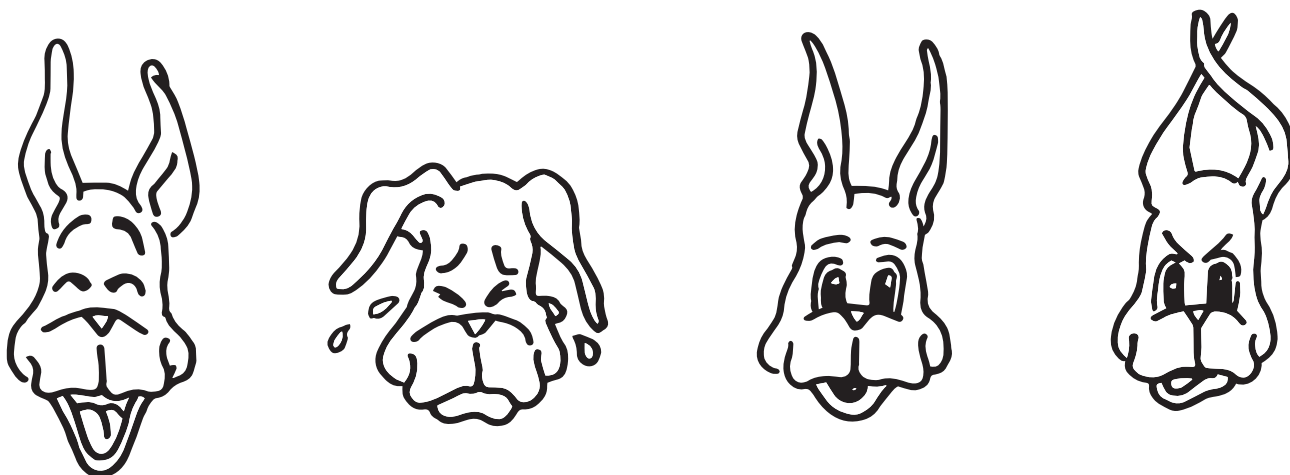


Things I can't do yet

...and I want to learn!

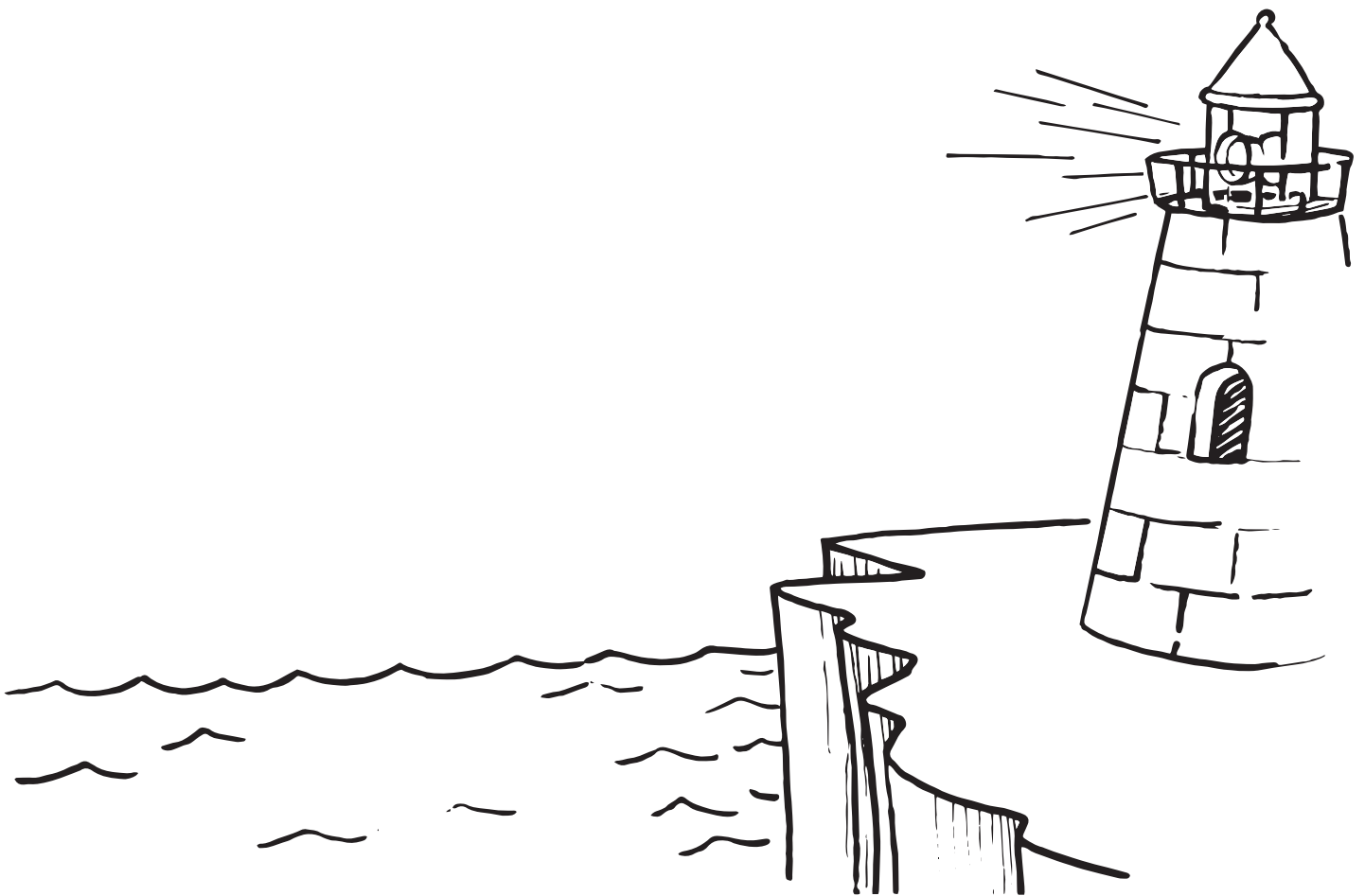


Make a list of things that you can't do yet but would like to learn. Give your brain and body time to learn new things!

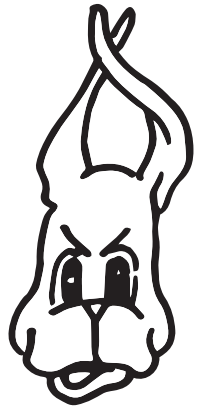
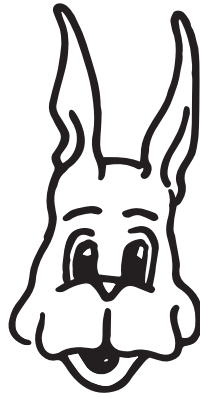
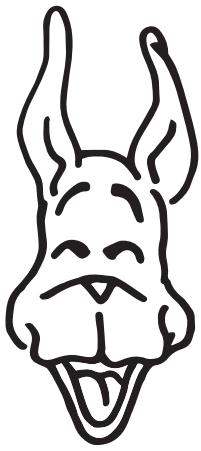


I've been working on this homework for so long!
I feel like I'm stuck!



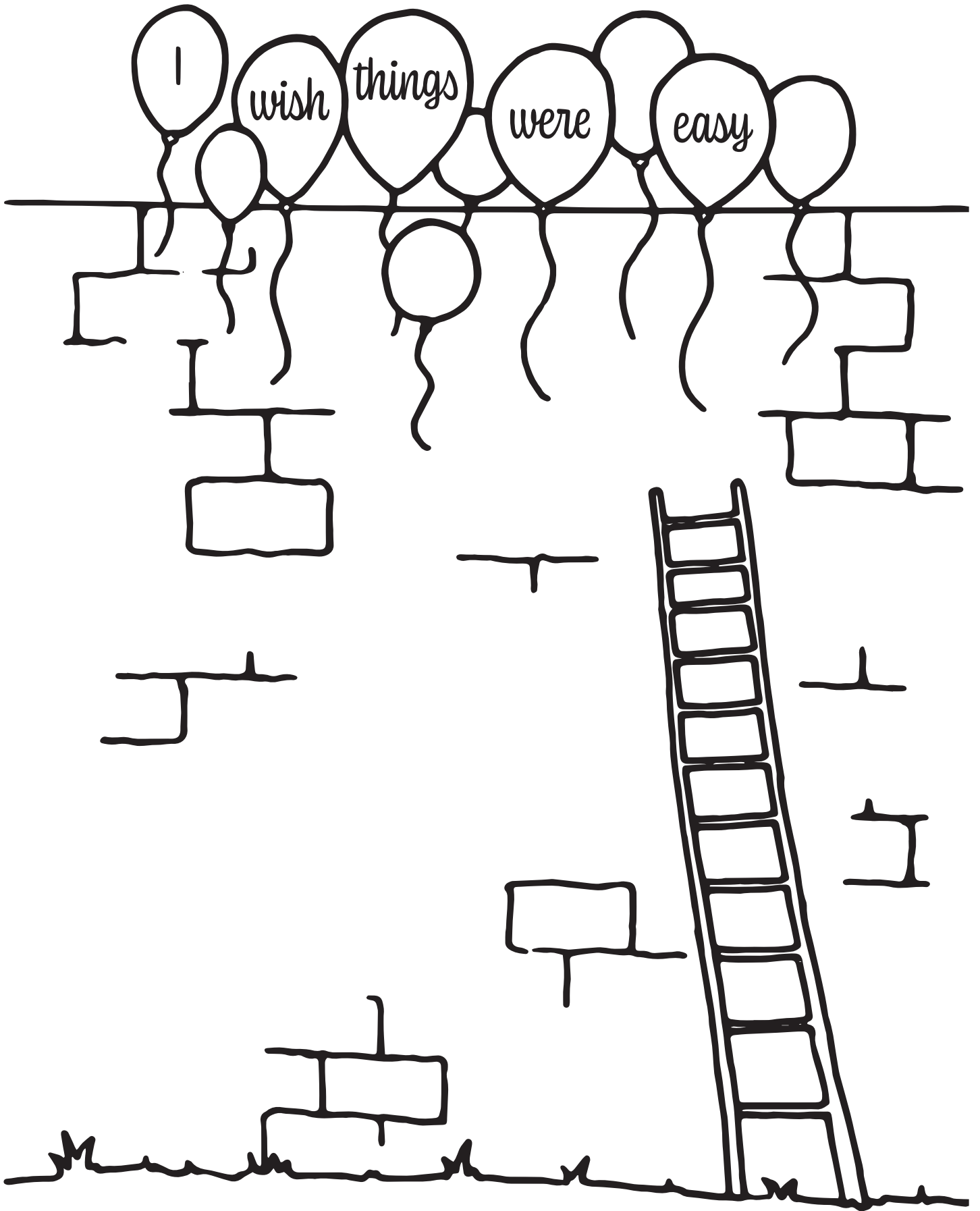


Can you make a list of Supportive people – People who gave you advice, or perhaps helped you develop a new, more helpful perspective.

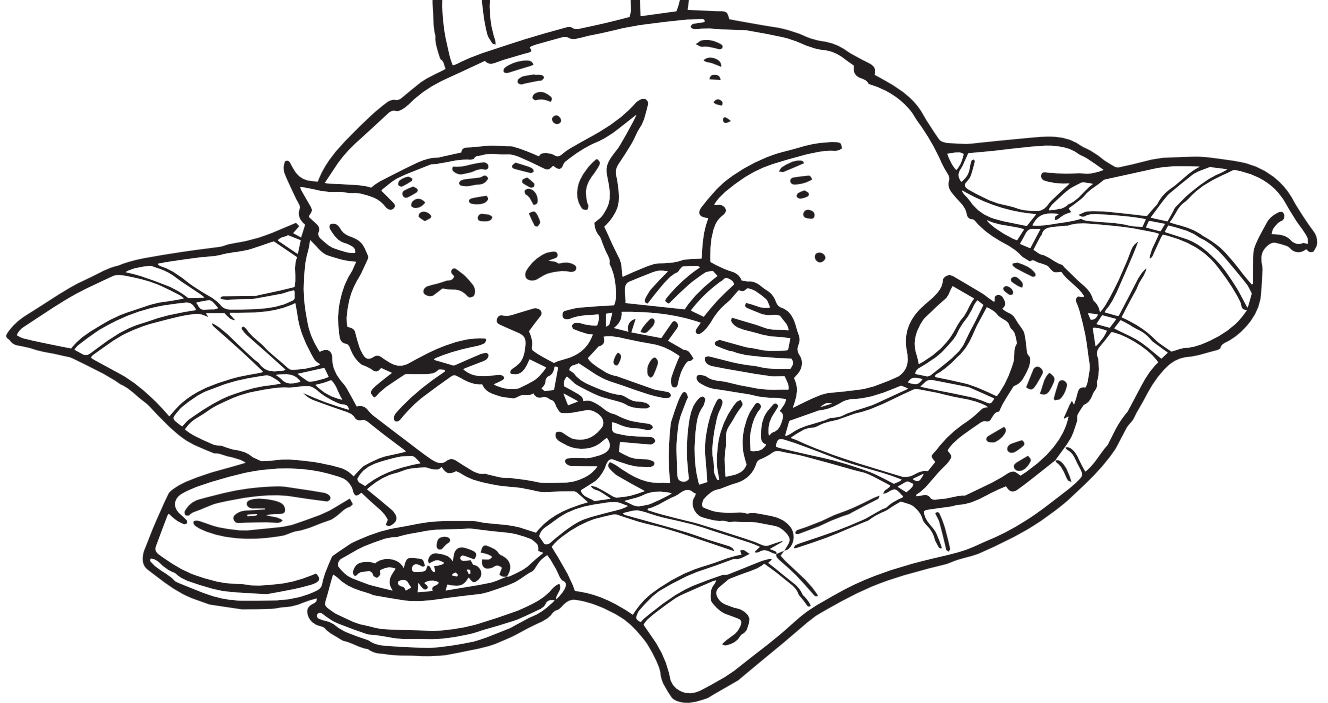
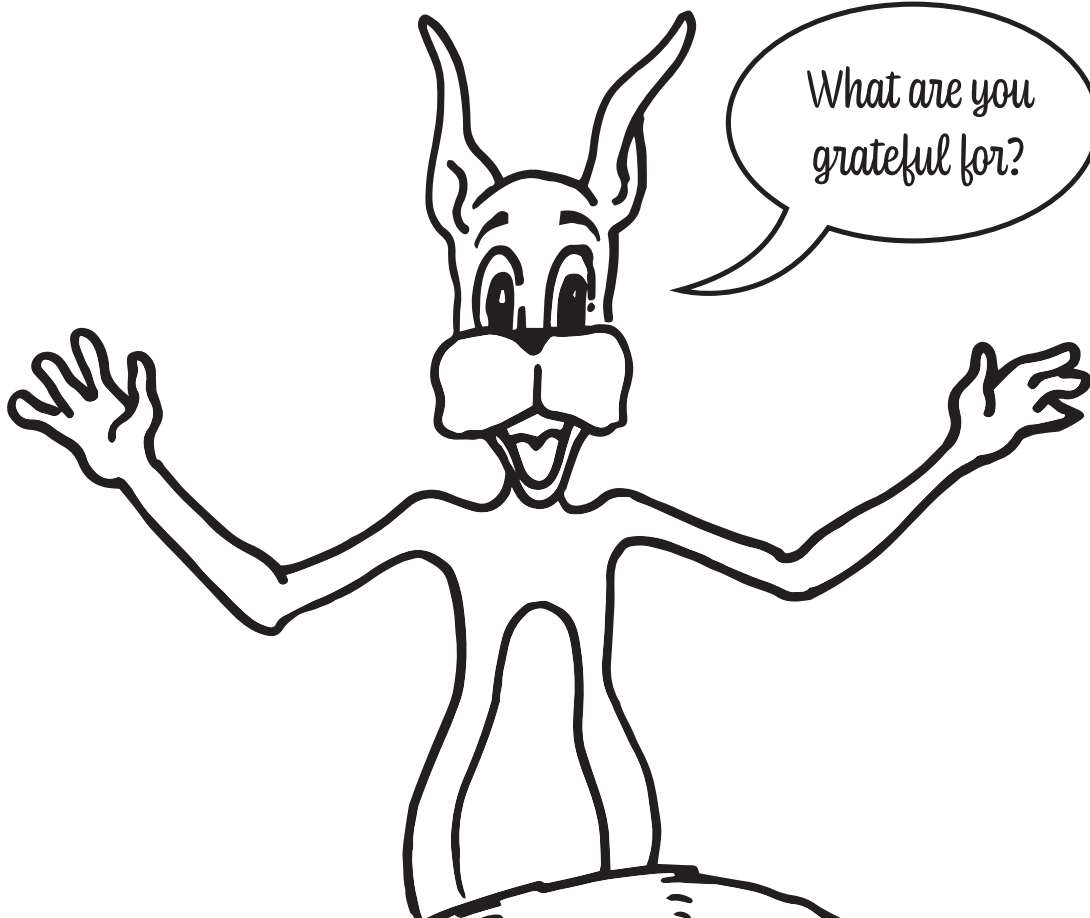
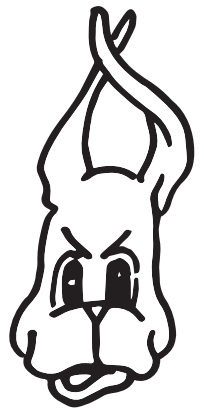
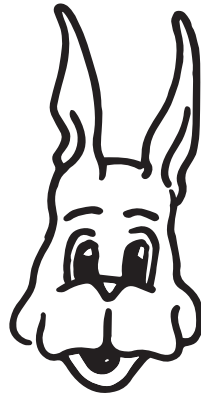
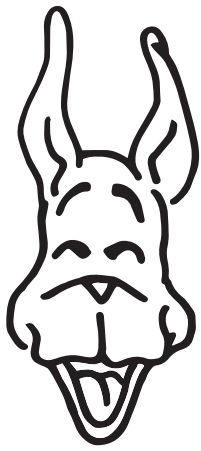


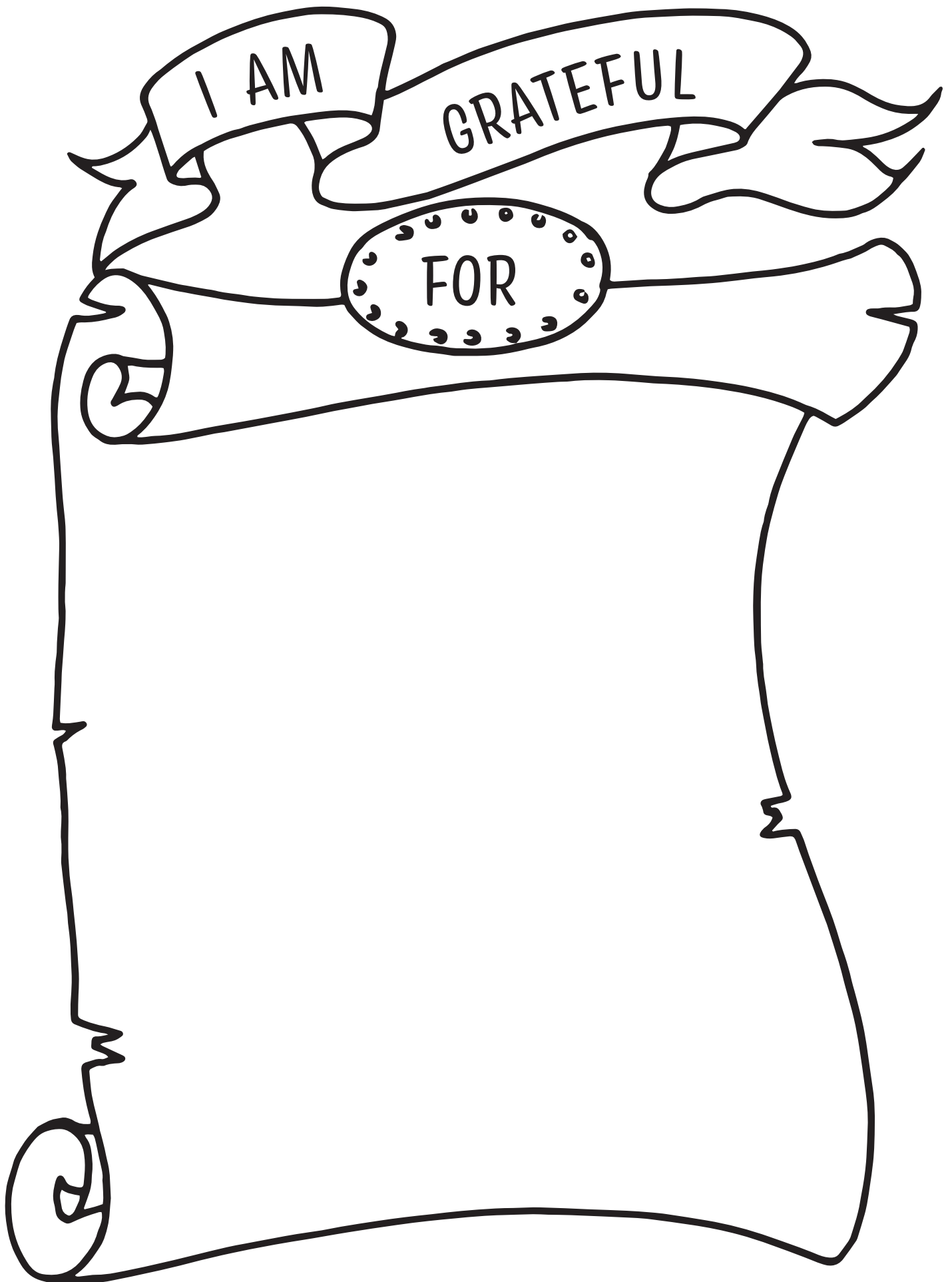
How I wish that
all things were
easy!



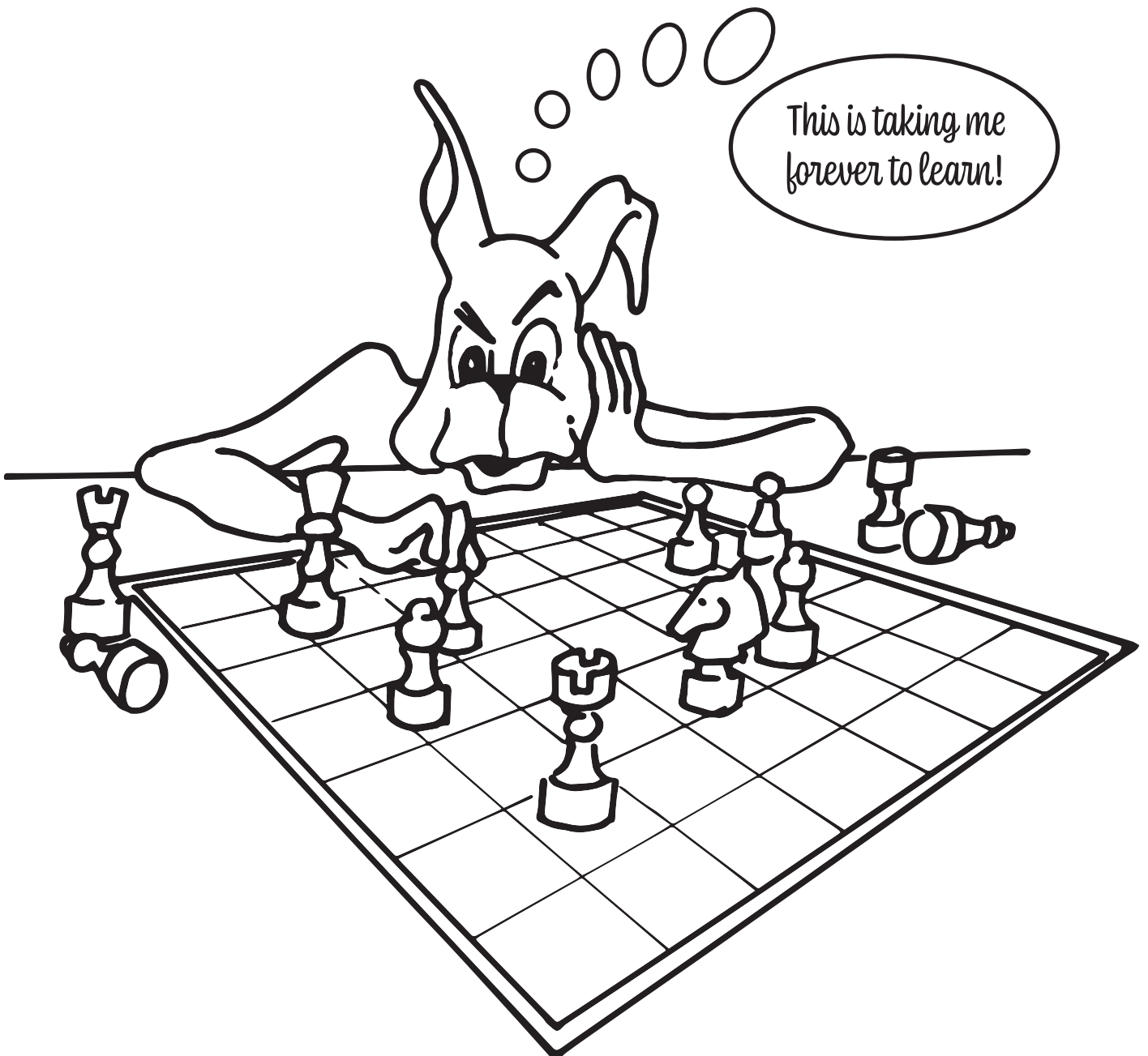
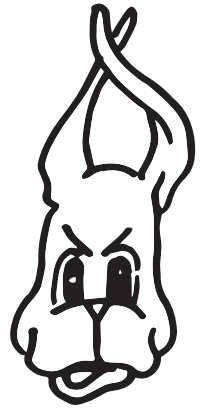
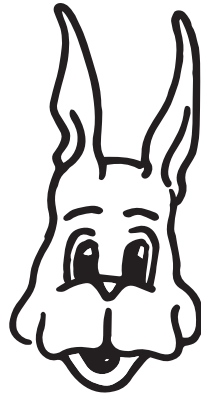
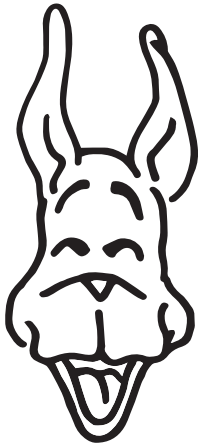


*We don't grow when things are easy!
We grow when we face challenges.*

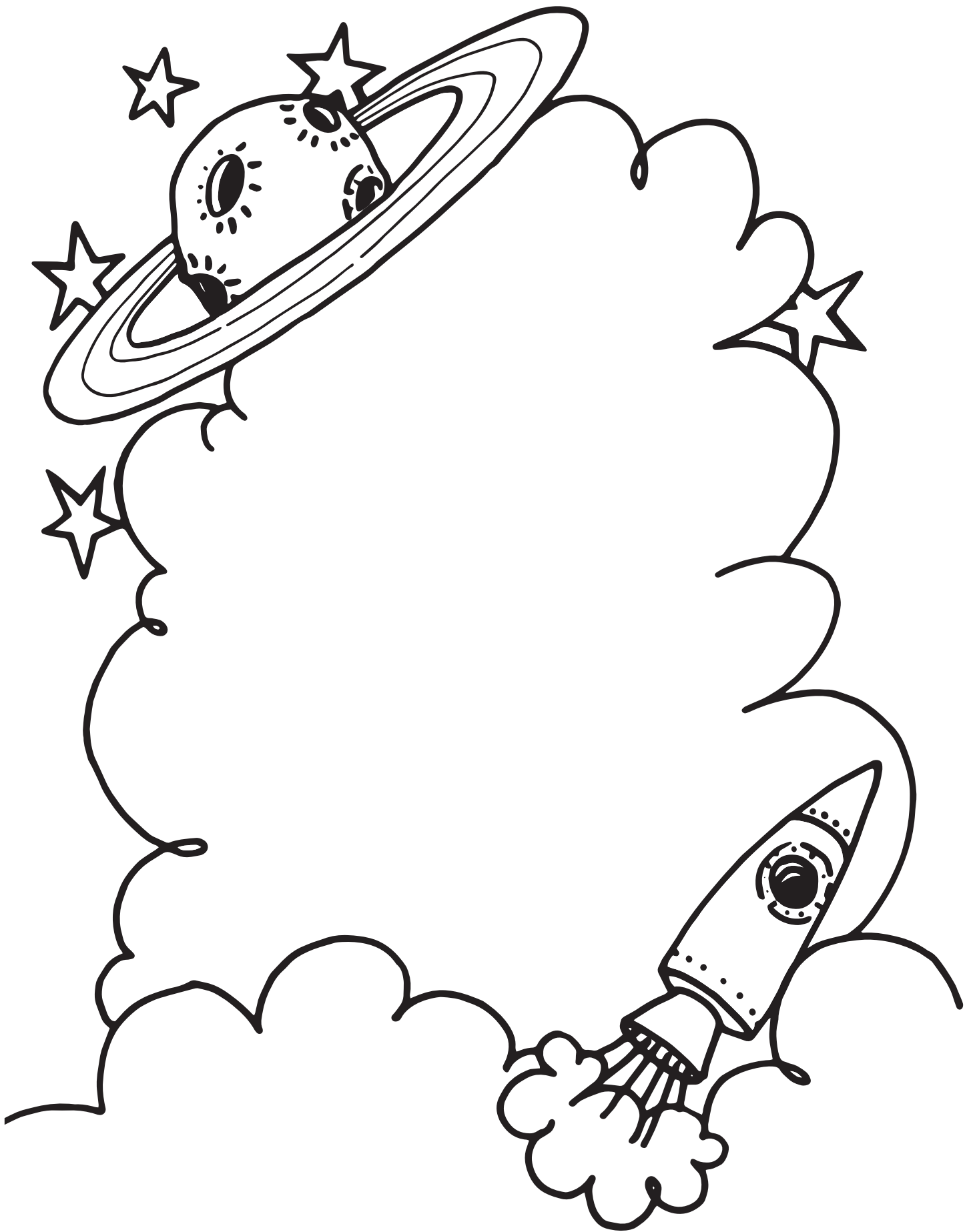




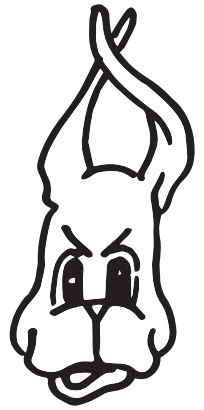
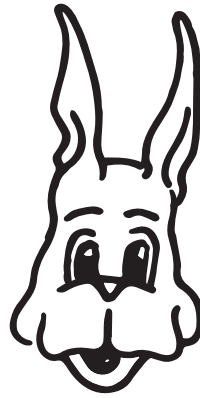
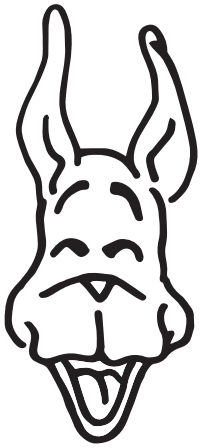
*I'm grateful for all I have, all that i'm learning
and everything I am.*



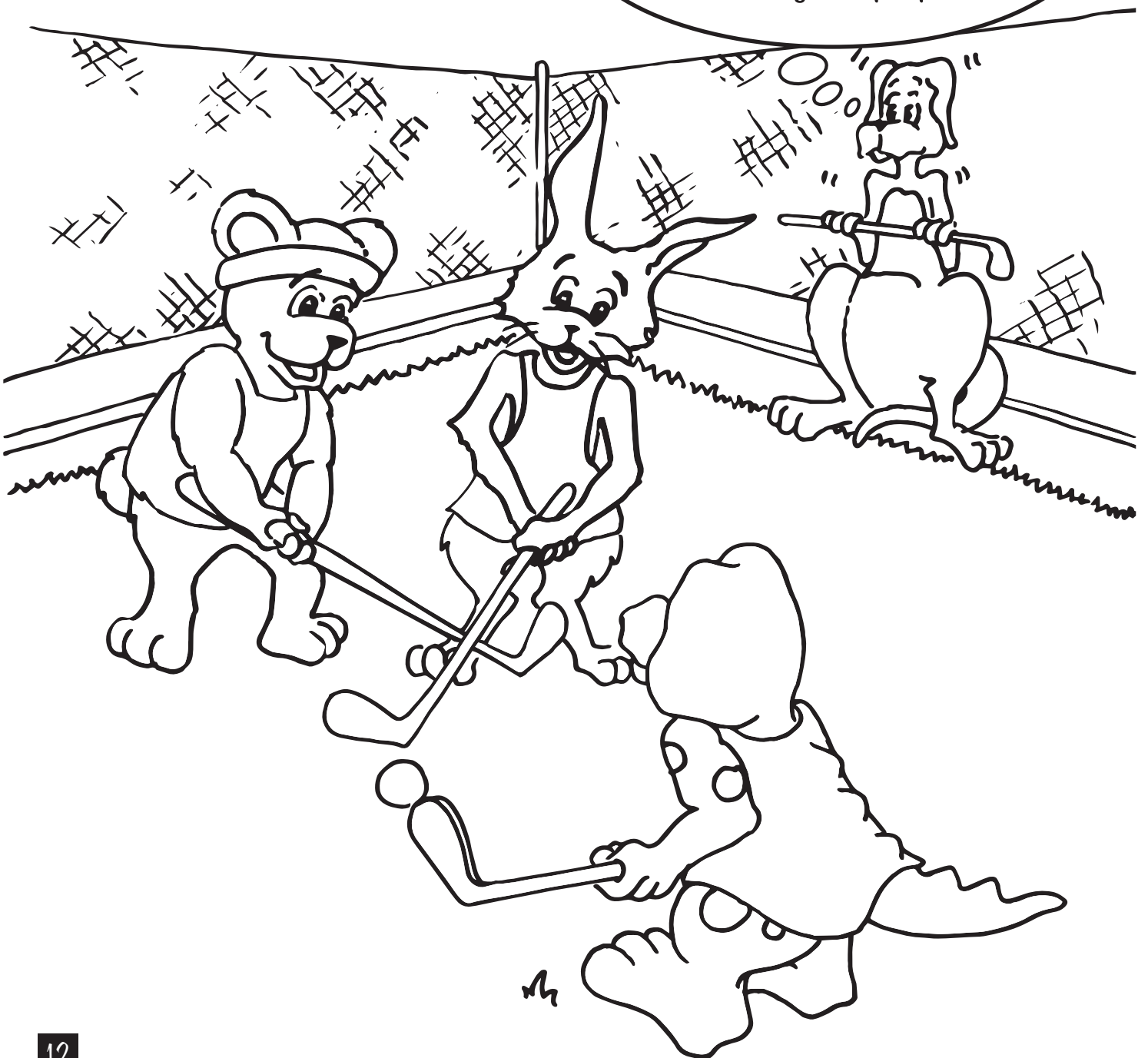
This is taking me forever to learn!

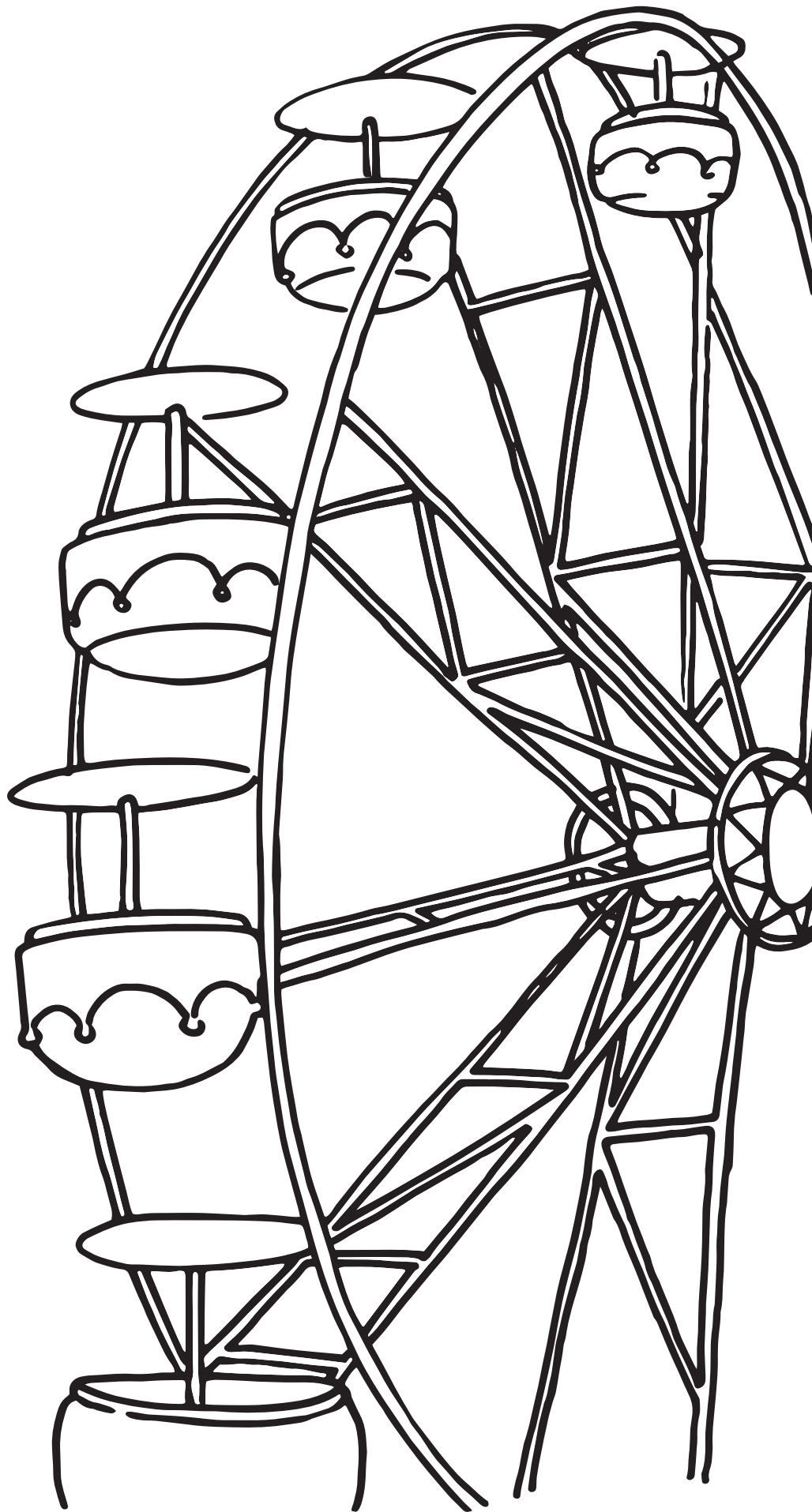


What makes learning easier and more fun for you?

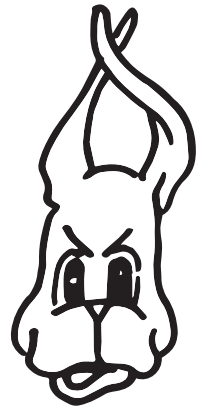
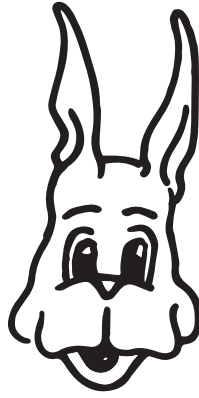
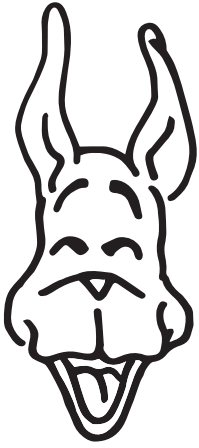


I don't like going to places where I don't know anyone. I feel scared meeting new people.





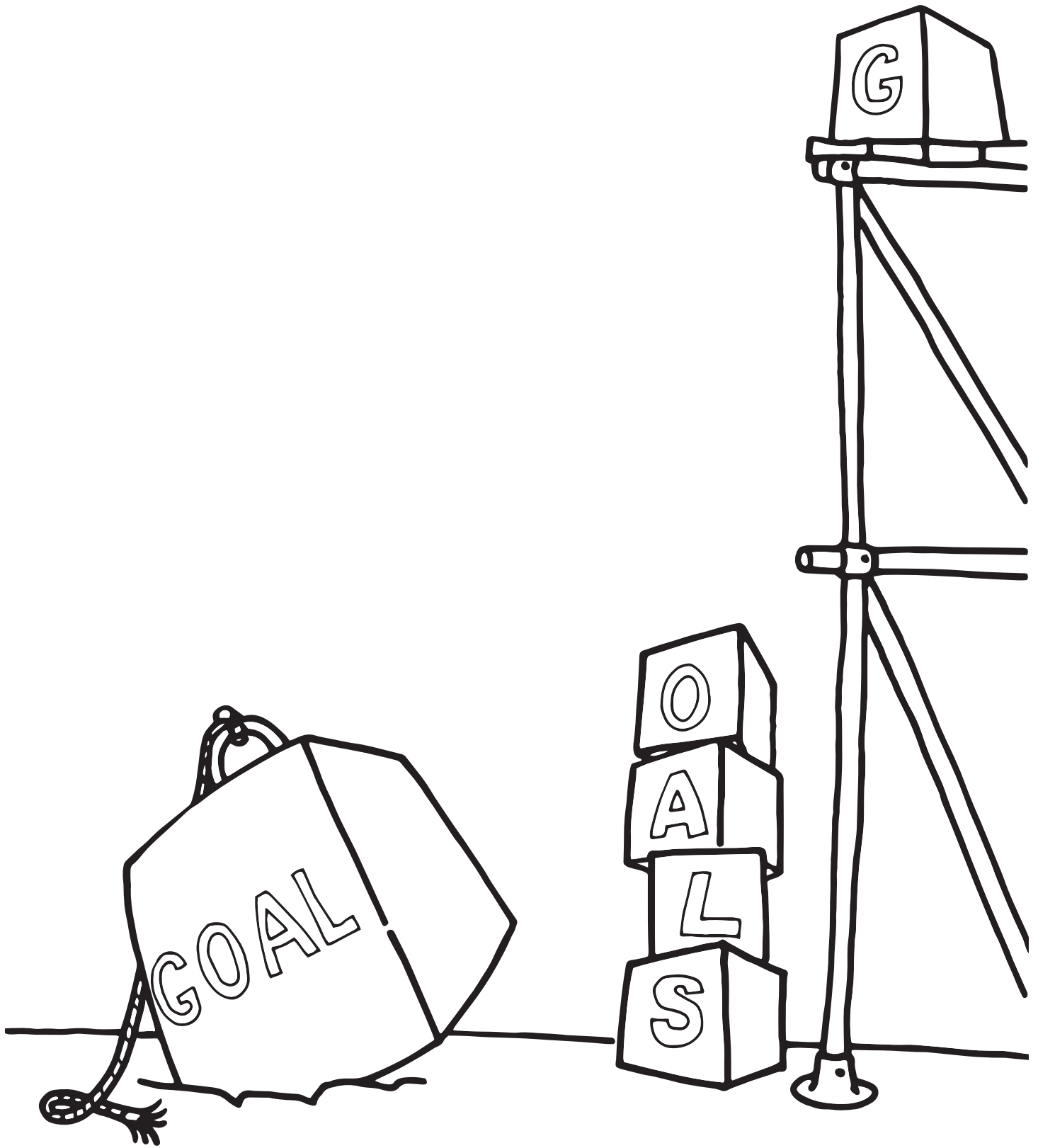
Can you think of a time where you tried something that was scary at first but ended up being real fun in the end?



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I'm working on this huge puzzle and I don't know from where to start.





Think of something that you would like to do or become. Think of ways how you can break down your goal into small steps.

Helpful hints for parents

Resilience is:

- Being aware of your feelings, thoughts, stressors, values, and goals
- Controlling emotions and calming yourself down in hard times
- Being able to look at things positively or from different perspectives
- Building and learning when to use your strengths
- Seeking help from other people
- Giving things a go or trying your best

1. Spend quality time with your children to create strong bonds. This helps them learn how to cope and solve problems in healthy relationships.
2. Support your child in stepping outside their comfort zone. Whether it's trying a new activity, participating in a play, or helping a shy friend, healthy risk-taking fosters self-confidence and problem-solving skills.
3. Instead of solving their problems, guide them to find solutions. Ask questions that spark their thinking and generate ideas. Collaborate with them on finding answers.
4. Teach that all emotions are normal and naming them brings more understanding. Reassure your child that it's okay to feel different emotions, and that negative feelings usually fade.
5. Learn and teach simple breathing techniques to help your child calm down during intense emotions. This clarity helps in better problem-solving.
6. Embrace mistakes and show that failure is a chance to learn and grow, not something that defines us. Nurture a mindset that welcomes challenges.
7. Build a positive mindset through searching for silver linings in negative situations together and practicing gratitude regularly.
8. Spend time outdoors and engage in physical activities. Sunlight, fresh air, nature, and exercise are essential for both physical and mental well-being.