



The 5 Keys For Children's Success and Well-Being

can strengthen your resilience. One way, is not to let your thinking get the better of you by blowing the badness of what happened out of proportion (making mountains out of molehills). Things that happen can be truly awful and terrible like war, terrorism or death of a loved one. Other events are not quite as bad such as when you have a fire in your house, your best friend moves away or you have a car crash. Still other events are just bad or a bit bad like you are late for an appointment, you get a bad mark on a test, someone laughs at what you say in class or you forgot lunch. When you are thinking about something bad that happened, it's good to think: "This is bad but it could be worse. It's not a catastrophe, the worst thing in the world." Thinking this way helps you to be calmer."

3. Share with your child additional ways to think about what happened or what might happen that he/she can think to help him/her to stay calm, calm down and/or bounce back including: "I don't like it but I can stand it" "If I make a mistake or someone is mean to me, I still have my good points." "People who behave unfairly are not totally bad. They may just be making a mistake." Have your child say which way of thinking he/she could use to be resilient.
4. You can also share with your child different things they can say and do to be resilient. You can discuss and illustrate using examples from your own life and the lives of others the following coping skills for being resilient in the face of events children perceive as negative: being aware of how upset you are and deciding to keep calm, relaxing (taking slow, deep breaths), finding someone you can trust to talk to, and finding something fun to do to take your mind off it.

Step 4. Things to Say to Acknowledge Your Child's Resilience

When you catch your child demonstrating resilience, you can acknowledge your child by saying the following: "You seemed pretty resilient when you didn't get too upset about what happened." "You didn't let yourself get too angry." "You've learned how not to get too nervous." "You didn't let that setback stop you from trying." "Keeping your cool really helps." "You did not upset yourself about what happened." "You can get through the tough stuff." "Even though you didn't do as well as you wanted, you are still staying positive" "You seem not to have blown that negative event out of proportion" "Great resilience" "You are staying calm, just like Ricky Resilience".