



## Resilience is the ability to:

- Bounce back from difficulty
- Work through challenges
- Overcome obstacles

Help your child develop resilience by saying the following:

### Laugh It Off!



“ Let's see the funny side of this. ”

### Take A Break



“ Let's go for a walk and see what this looks like when we come back. ”

### Ask For Help



“ Who can you ask to help you with this? ”

### Make Mistakes And Learn From Them



“ What can you learn from this and what would you do differently next time? ”

### Accept Changes



“ It's ok when things don't go to plan. ”

### Flexible Thinking



“ Have you thought about doing this task another way? ”

### Positive Thinking



“ This hasn't gone to plan so let's see what we can do to change this. ”

### Problem Solving



“ What is the first thing you could do? How will that help you? What would you do next? ”

### Manage Feelings



“ How can you make yourself feel better? Take a breath so you can carry on enjoying everything else. ”

Use your phone or tablet to scan this QR Code to view the video 'Building Resilience In Your Child.'

