



Resilience skills to practise

Using positive thinking; learning how to read and respond with empathy to others' emotions and needs; resolving conflict; and knowing how to respond to inappropriate social pressure such as bullying are skills that will help your child to become more resilient.

Talk about each skill with your child and find opportunities to help them practise each one.

Helpful thinking

- Don't jump to conclusions.
- Check your facts.
- Remember everyone has bad things happen at some time.
- Think 'dolphin' thoughts to make you feel better.



Reading emotions in others

You can tell what someone might be feeling by:

- Looking at their face.
- Listening to their words.
- Remembering how you felt when the same thing happened to you.



Good ways to deal with disagreements

- Speak up and say what you feel and what you want.
- Say sorry if you are wrong.
- Ask the other person how they are feeling.
- Ask the other person what they need.
- Ask for help if you need it.



What to do if someone is being bullied

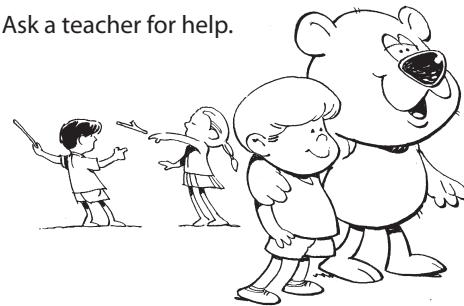
Step 1: Show or tell the person who is being bullied that it's unfair.

Step 2: Show or tell the person who is bullying that it's unfair.

Step 3: Tell the person who is bullying to stop.

Step 4: Move the person who is being bullied away from the situation.

Step 5: Ask a teacher for help.



Children are always watching and will copy what we do. Be a positive role model. Use these skills and show your child how to be resilient.

Thank you for playing a vital role in your child's resilience and wellbeing education.