



# Resilience skills to practise

Using positive thinking, learning how to make friends, controlling feelings and making decisions, are some of the skills that will help your child become more resilient.

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

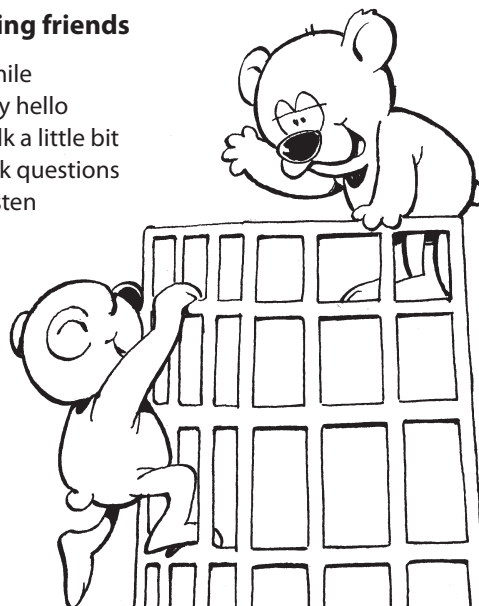
## Positive thinking

- Find the good things in yourself.
- Find the good things in other people.
- Find the good or funny bits in the 'not so good' things that happen to you.



## Making friends

- Smile
- Say hello
- Talk a little bit
- Ask questions
- Listen



## Being the boss of 'out of control' feelings like fear and anger

- Take a deep breath.
- Count to 5 slowly.
- Think happy thoughts.
- Talk to an adult about how you feel.



## Don't be a blind mouse - think for yourself

- Don't let someone else tell you what to do or think.
- Stand up for what you know is right or fair.



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.