



Resilience skills to practise

Blaming fairly, using optimistic thinking, having courage, and dealing with disagreements 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.

Blaming fairly

- Try to work out if:
 - Something happened because of what you did.
 - Something happened because of what someone else did.
 - It was just bad luck or what was happening at the time.
- Change the bits that you can change when things go bad. Think about what you did. Try to tell the other person what you think they did.
- Accept the bits you can't change when things go bad, like bad luck.

Optimistic thinking

- Look for the good things in you, in others and in what happens in your life.
- Try to work out if:
 - Things will get better soon – this won't last forever.
 - I don't like what's happening but this happens to everyone, not just me.
 - It's just this bit that isn't alright. Everything else in my life is OK.
- When good things happen, know that you often make your own luck by trying hard and staying positive.

Courage

If you are trying to be brave about doing something:

- THINK - is this thing brave or foolish?
- THINK - about the good things about doing it.
- THINK - about the things that you do well already.
- THINK - about the people who will support you.
- THINK - about the skills you might need to help you do this thing.
- Be prepared to just have a try.
- Use positive self-talk like 'I can do it!'
- Talk to people who care about you.
- Tell yourself that sometimes it takes a while to have this kind of courage.

Dealing with disagreements

Try to sort out disagreements by listening, talking things through and negotiating a good solution.

- Speak up firmly.
- Tell the other person what you think and feel.
- Check to see how the other person thinks and feels.
- Have a conversation with the other person about how you can both sort things out in a fair way.
- Say sorry if you are wrong.
- Say 'OK let's do it your way' if it doesn't really bother you.
- Ask for help if you can't sort things out in a fair way.

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.