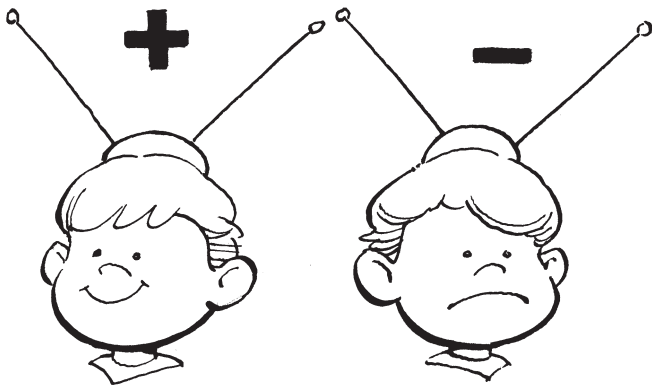




# Resilience skills to practise

Helpful thinking, having an optimistic outlook, getting along with others, and knowing how to deal with anger, 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

- Accept that it's normal to make mistakes.
- Think about the funny or good bits in a problem.
- Accept that unhappy or bad things happen to everyone.
- Accept the things that can't be changed in a problem.
- Understand if something bad happens once, it probably won't happen again.
- Accept that you sometimes need to talk to others to get the facts right.
- Work out the chances of something really happening.

## Skills for getting along with others

- Start a conversation.
- Stay cool in an argument.
- Be positive.
- Tell a story in an interesting way.
- Give an honest opinion.
- Cooperate well.
- Be a good listener.
- Not talking about others behind their back.
- Not telling people off when they make a mistake.

## Optimistic outlook

- Bad times don't last. Expect things to get better.
- Expect that good things are more likely to happen than bad things.
- Think of happy memories.
- Take credit for your own successes, no matter how small.
- Be grateful (thankful) for all the good things in your life.
- Look for the good bits in the bad things that happen.
- Stay hopeful even in unhappy times.
- Work hard and make your own luck.

## Dealing with anger and ways to calm down

- Do some exercise or a physical activity.
- Breathe slowly and deeply until you feel more in control.
- Walk away so you can work things out.
- Listen to music.
- Do something you like until you feel calmer.
- Keep yourself busy with another task.

## Ways to think more clearly (helpful thinking)

- Talk to someone you trust about your angry feelings and get a 'reality check'.
- Think about whether this is just a 'one off' on the part of this person who made you angry.
- Think about what part of the problem was your fault.
- Remind yourself that everyone feels angry at some time.

## Clever tricks to solve the problem and still be friendly

- Remind yourself to not damage your friendship with this person.
- Decide whether you should just try to forget it.
- Calmly tell the person you are angry with why you feel that way.
- Try to solve the parts of the problem that were your fault.

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