

LET'S GET READY FOR SCHOOL...

07

Practical Strategies to Help Children Build Resilience

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Problem solving

Build a Strong Emotional Connection

Promote Healthy Risk-Taking

Resist the Urge to Fix It and Ask Questions Instead

Teach Problem-Solving Skills

Label Emotions

Demonstrate Coping Skills

Embrace Mistakes—Theirs and Yours

Promote the Bright Side—Every Experience Has One

Model Resiliency

Go Outside

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage children to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When children avoid risk, they internalise the message that they aren't strong enough to handle challenges. When children embrace risks, they learn to push themselves.

SCHOOL CLOSURE DURING COVID-19 WILL HAVE CAUSED MANY STUDENTS ANXIETY, DEPRESSION AND TRAUMA. WE WILL BE POSTING ADVICE TO HELP BUILD OUR CHILDREN'S RESILIENCE LEVELS, WHICH WILL PREPARE THEM NOT ONLY FOR RETURNING TO SCHOOL, BUT HELP THEM COPE FOR LIFE BY TEACHING THEM VITAL SKILLS.

Healthy Risk Taking