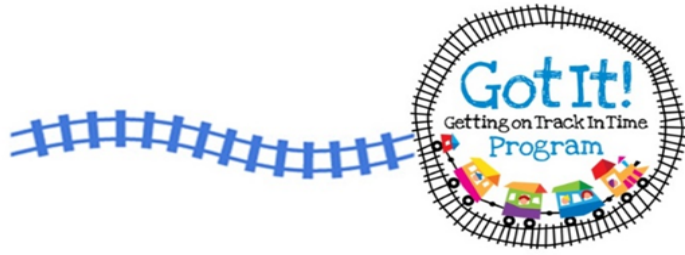
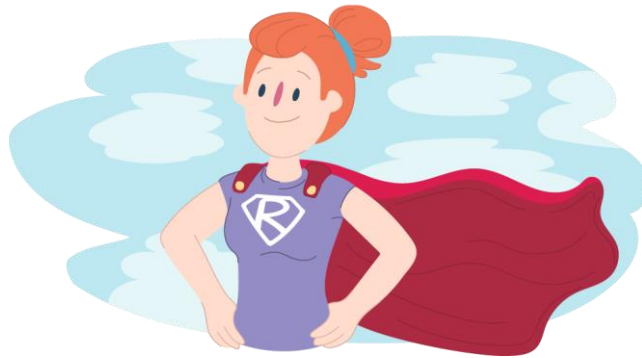


Got It!



Resilience

Resilience is the ability to cope with difficult situations. Try a few of these ways to help kids develop their coping skills.



Praise them when you see them being brave and displaying good coping skills:
“You were very brave at the doctor’s today”.

Model to them making a mistake and then problem solving afterwards.
“I spilled my drink but we all have accidents! I will just clean it up”.

Let them know that they matter and that what they have to say is important:
“I am listening to you carefully because what you have to say matters to me”.

Let children know their strengths and good qualities:
“You should be proud of yourself for being such a caring friend”.