

“The ability to recover quickly from difficulties” or “the ability of a substance or object to spring back into shape.”

RESILIENT KIDS:

- Can deal with disappointments and bounce back
- Are able to identify their strengths
- See tasks through even when they are difficult (Grit)
- Have a support network and positive relationships
- Know how and where to ask for help when they are unable to do something independently
- Have areas in which they feel successful
- Contribute to life, class and the community around them

PARENTS: WHERE TO START

1. Foster strong, healthy relationships
2. Avoid overprotecting (let them take risks)
3. Practice problem-solving
4. Encourage creativity
5. Hold kids responsible for their actions and decisions
6. Encourage trying first, before immediately asking for help
7. Develop organizational skills and time management
8. Establish routines and communicate expectations
9. Do not accommodate every want
10. Plan regular exercise, meals and sleep times
11. Teach kids to look for a positive in any experience
12. Teach concrete skills (cooking, researching, asking directions)
13. Do not provide all the answers
14. Avoid talking in catastrophic terms (always, never)
15. Let your kids make mistakes
16. Help them manage their emotions
17. Model resiliency
18. Empathize, but do not always rush to “fix”

ACTIVITIES AT HOME

Conversation Starters

- What is a challenge or dilemma you facing this week? What are ideas you have about dealing with it?
- Who is your hero or someone you admire? What qualities do they have that you like?
- What is one thing you would like to improve about yourself? What can you do to improve?
- How have you shown your strengths this week?
- Who do you look for support when your parents are not around?

Building Resilience

Positive Character Strengths

Patient	Joyful
Strategic	Attentive
Hopeful	Energetic
Detailed	Co-operative
Fair	Independent
Appreciative	Positive
Brave	Thoughtful
Playful	Principled
Creative	Open-minded
Sincere	Humorous
Calm	Empathetic
Decisive	Spontaneous
Practical	Approachable
Insightful	Conscientious
Analytical	Curious
Passionate	Helpful
Patient	Focused
Flexible	Caring
Reliable	Organized
Kind	Gentle
Observant	Balanced



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- What is a character strength you would like to have?
- Where does your source of hope come from?

Compliments Challenge

Spend time noticing and complementing one another. Be specific with the compliments. It does not matter how small they are, but they do need to be authentic. This can reinforce the behaviours you are trying to teach, can help your child identify his/her strengths and can teach them to recognize the strengths of others.

- You always stand up on the MRT to let someone else have your seat. That shows how thoughtful you are.
- I appreciate you called to let me know where you were. That let's me know you are responsible.
- You spoke very nicely to your brother just now. That was kind.
- You got started on homework without being reminded, way to be organized.

Situation Challenges – What Would You Do?

1. Logan receives a message from Jerry. In the message, Jerry tells Logan to do his science homework for him. Jerry says he will make fun of Logan in front of their class if Logan doesn't do it. Logan doesn't want to help Jerry cheat, but he also doesn't want to be embarrassed. What should Logan do? Have you ever faced a similar situation?
2. You have a teacher or coach who is always getting on you for no reason, and you're tired of it. You're not a kid anymore; you deserve respect. He is coming toward you. You can tell he's angry and you know what's coming. Right now you have to determine how you'll react. What will you do?
<https://www.focusonthefamily.com>

BOOKS

- Brooks, Robert and Goldstein, Sam. 2002. *Nurturing Resilience in Our Children: Answers to the Most Important Parenting Questions* Paperback
- Ginsburg, Kenneth, MD. 2011. *Building Resilience in Children and Teens: Giving Kids Roots and Wings*.
- Ginsburg, Kenneth, MD. 2015. *Raising Kids to Thrive*.
- Goldman, Linda. 2005. *Raising Our Children to Be Resilient. A guide to helping children through their pain and confusion into a flexible and compassionate adulthood*.

ADDITIONAL RESOURCES:

<http://www.fosteringresilience.com/>
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>
www.isssupportforfamilies.weebly.com
<https://positivepsychologyprogram.com/what-is-positive-psychology/>
<https://www.veysigmund.com/building-resilience-children/>
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>
<https://www.weareteachers.com/8-ways-to-help-your-students-build-resiliency/>

