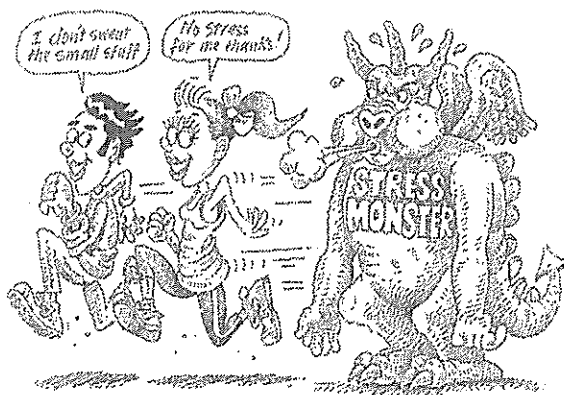


Emotional Resilience

Things to Say to Encourage Emotional Resilience Behaviour

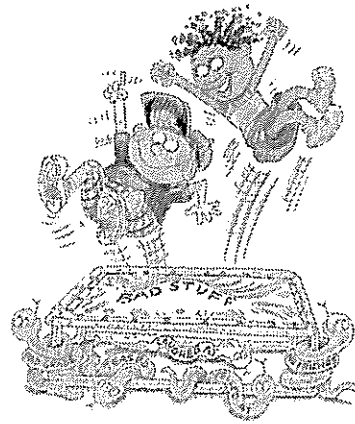
- "You didn't let yourself get too angry."
- "You've learned how not to get too nervous."
- "You didn't let that setback stop you from trying."
- "Even though you didn't do as well as you wanted, you are still positive."
- "You seem not to have blown that negative event out of proportion."
- "Keeping your cool helps."
- "You see, you can get through the tough stuff."
- "You chose not to upset yourself about what happened."



Eliminate the Following Types of Thinking

- **Self-Downing:** Don't put yourself down when something bad happens.
- **Needing to Be Perfect:** Mistakes are normal along the road to success. It doesn't have to be perfect.
- **Needing Approval:** Don't be too worried about what others think of you. You are you.
- **I Can't Do It:** If you think you can't, you can't.
- **I Can't Be Bothered:** Doing things you don't like to do is the key to your success.
- **Being Intolerant of Others:** Do not judge people. It is good to find out more about them.

Emotional Resilience



Emotional Resilience Behaviour

- Does not get too down when schoolwork results are not good
- Keeps trying in the face of setbacks
- Handles teasing or social difficulties without getting too upset
- Manages frustration when he/she does not understand something right away
- Manages frustration of having a lot of work to do
- Controls anger when treated unfairly
- Manages nerves when taking exams or performing in public
- Is able to say "no" and stand up to negative peer pressure
- Calms down quickly after getting very upset



8 IDEAS FOR BUILDING RESILIENCY AT HOME

- 1 PLAY BOARD GAMES.** Like any game, sometimes we win and sometimes we lose. Playing games helps to practice good sportsmanship and losing with grace. Model what a good winner looks like by saying “Good game” or “That was fun. You were a great opponent.” Practice losing with grace by modeling how to smile and say “Thanks for playing. Good job!”
- 2 GIVE COMPLIMENTS.** Spend some time giving everyone compliments. Then think of what makes people appreciate a compliment (it’s honest and sincere) and reasons it feels weird to accept a compliment (lack of self confidence).
- 3 TOWER OF SUPPORT.** Using blocks or stackable materials, think about all the people in your life that support you. As you name a person, stack a block. See how high you can build your tower. (Ideas may include family members, school staff, clergy members, neighbors, friends, coaches, etc)
- 4 IF YOU REALLY KNEW ME.** This is a fun game with two or more people. Have people pair up and face each other. Have one person start by saying “If you really knew me, you would know. . .” and then have them fill in the blank. Let them repeat this 4-5 times filling in the blank with. Different answer each time. When they are done, have their partner try to repeat what they learned. Then switch. Practicing listening helps us to better understand others and practicing sharing about ourselves helps to acknowledge things we like or are good at.

- 5 NAME 3 WAYS.** Thinking positive thoughts is a key component of resiliency. Try to think and name 3 ways for the following statements. I am strong. I am courageous. I am confident. I am smart. I am loved. I am kind. I am a friend. Don't be afraid to make your own sentence stems!
- 6 PRACTICE CALM DOWN STRATEGIES.** We all get upset, but knowing how to calm ourselves down is important tool to learn and use. Practice different calm down strategies will also help us to know which ones to turn to when we aren't feeling our best. Strategies may include getting a drink of water, take a rest, reading, drawing, listening to music, taking a walk, or deep breathing.
- 7 HANDS FREE CATCH.** This is a great game to practice perseverance and teamwork. You will need 2 small towels or pillowcases and a small, soft ball or beanbag. Each player needs to hold their towel with both hands, using each hand to hold opposite ends of the towel—think sling shot. The object is to throw and catch the ball using only the towel. After you are done playing, talk about the struggles everyone had to throw and catch the ball and the things that made it easier.
- 8 GROUP JUGGLE.** This is a fun game with two or more people. Gather a variety of small, soft objects that you can toss between the group. Start with one object but then continue to add objects to see how many you can keep up in the air at once. Discuss what it was like to juggle just one object and then what it was like to juggle multiple objects. Talk about how this is like life when we have to deal with many things at one time. Discuss ways we can help each other and ourselves when we have to handle so many different things going on at once.