

# 8 Skills for Resilient Kids

Resilience helps kids "bounce back" from difficulty. This ability makes daily life a little easier and leads to personal growth and an even better ability to overcome challenges in the future. Being resilient means being flexible in our thoughts, feelings, and behavior so we can adapt to changes and times of difficulty or stress.

1

## Strong Social Connections



Loving relationships with family members and other adults, are critical for child development and building healthy peer relationships.

2

## Problem Solving



Parents and teachers can support children in learning to notice when they are having a problem, name the problem, and find a solution.

3

## Effective Communication



Positive communication involves being able to clearly express feelings and thoughts as well as using active listening skills.

4

## Learning From Mistakes



Making mistakes is an important part of developing new skills, learning to handle difficulty, and growing as a human.

5

## Emotional Regulation



Help children learn to recognize their emotions and manage them in ways that make them feel good.

6

## Self Care



Learning to attend to their physical and mental wellbeing can pave the way for all of the other resiliency skills. Help children understand how and why to form healthy habits for sleep, eating, movement, relaxation, and hobbies.

7

## Coping Strategies



Teach kids specific skills that will help get them through difficult moments? Positive self-talk, small steps, lean on your loved ones, breathwork.

8

## Positive Outlook



Seeing the bright side of a difficult situation or looking at a problem from a different angle helps kids be hopeful about the future.

Children will have different skill levels in each of these areas. And every bit of practice is a protective factor for building resilience in kids. Their needs will change over time and you can adapt your support to where they are in the moment. Your presence in their lives is already a sturdy foundation on which to build these skills. Keep up the good work!