

RESILIENCE

I can accept help when things go wrong

I can cope with differences in routine

I can have a go

I can understand I may need to wait

I can show when things go wrong e.g. find my adult/cry

I can manage peer relationships

I can learn by trial and error

I can accept that things may not always be fair and predictable

I can cope with a range of different adults and their expectations

I can learn in different environments

I can keep trying when it is tricky

I can accept compliments and criticism

I can accept when things are not always fair

I can use Time Out with support

I can cope when I make mistakes

I am able to cope in any situation calmly

I can accept when things are not always fair

I can recognise my emotions with support

I can accept the consequences of my actions

I can learn from my mistakes with support

I understand when I need to ask for help

I can learn from my mistakes and cope with disappointment





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Ideas to try at home



Celebrate effort as well as success.

Play board games together to encourage turn taking and dealing with winning and losing.

Try activities that require an element of challenge. E.g. make a house of cards, domino rally.

Reading stories about Resilience e.g. The Hugging Tree, Bounce Back Betty, My Super Me,

Safe place in the house for time out/breaks/reflection time.

Model resilience yourself - communicate moments when things go wrong for you and how you overcome them.

Learn a new skill that your child hasn't tried before, cycling, dancing, sewing,

Nurture optimism. When things change unexpectedly, focus on what is left rather than what has been lost.

Avoid trying to 'fix' the problem for your child, instead ask questions to help come up with solutions together.

Validate and label emotions e.g. "I can see that you are feeling disappointed about your tower falling down, I would feel the same, how can I help you to make it better?"

Incorporate uninterrupted special 1:1 time with your child. Turn off your phone, laptop and do something creative together.