

Building Resilience in Students

Resilience is defined as “The capacity to recover quickly from difficulties; toughness” ([source](#)). Undoubtedly our students will face difficulties, usually on a daily basis. “Toughness” does not mean our students don’t feel and express a wide range of emotions, including sadness, frustration, anger, etc. It does, however, mean that after allowing themselves to feel and express emotions they are able to ultimately overcome and move on from challenges.

As parents and caregivers *we sometimes want to rescue our children from struggles and pain*. The problem with this train of thought is that as our kids get older and face even more difficult challenges they will not have the skills needed to overcome difficulties on their own. Teaching and building resilience skills NOW is going to lead to our students becoming more confident and capable adults in the future!

How can I help my child(ren) increase their Resilience?

- Promote problem solving skills instead of solving problems for your children. Start with small situations and gradually release responsibility. You could prompt them with, “Good question, how could you figure that out?” This nurtures their independence and helps them learn to tolerate uncertainty and brainstorm solutions.
- Use "The Power of Yet." If your student says, "I don't know how to do it," add the word *yet* to the sentence. "I don't know how to do it *yet*."
- Remind them that it is okay to make mistakes! Mistakes are proof that we are trying. It's healthy for your children to hear you admit your mistakes and even laugh at them sometimes too!
- “You can do hard things.” Sometimes simply reminding your children they can do something hard is an impactful practice. Say it often!

Resilience Building Worksheets

[I Can Do Hard Things Coloring Page](#)

[25 Ideas For How You Can Teach Your Kids Resilience](#)

[Growth Mindset Cards](#)

Online Resources:

[Building Your Resilience](#)

[10 Tips for Raising Resilient Kids](#)

[Building Resilience in Children](#)

Books on Resilience:

[After The Fall: How Humpty Dumpty Got Back Up Again](#)

[The Most Magnificent Thing](#)

[I Can't Do That, Yet](#)

[Bubble Gum Brain](#)

[The Dot](#)

[Bounce Back Betty](#)

[Ish](#)

[The Thing Lou Couldn't Do](#)

[Whistle For Willie](#)

[The Day You Begin](#)

Still have questions or concerns? Please don't hesitate to contact me!

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