



BUILDING RESILIENCE FOR YOU AND YOUR CHILD

A Family Learning Course for Uncertain Times

What does the word resilience mean?





Resilience

What does it mean
for us?

What does it mean
for us and our
children?



Have you a story of resilience that you would like to share with the group?

Would you like to write this down as a story for your child?



Suggested Activities

- Brainstorm the word resilience
- Breakdown the word and check syllables
- Look up the word in an online dictionary
- Share and write stories of resilience
- Draw pictures around resilience stories (parent and child)
- Stories of Resilience about famous people: JK Rowling-
Harry Potter and Me (BBC documentary 57 minutes)
- <https://www.youtube.com/watch?v=SrJiAG8GmnQ>

ROUTINE AND PLANNING A SCHEDULE





Do you have
a daily
routine?

How does having a
routine make you
feel?

Would you like to
plan a routine with
your children?

What would be
important in your
routine?



Why is Routine Important for Children?

- Provides consistency and a sense of comfort.
- Provides a sense of normality.
- Like us all, children can fear the unknown and change; routine makes this easier.

A woman with glasses and a dark blue t-shirt is sitting on a colorful geometric rug, smiling and looking towards three children. The children are also sitting on the rug, which features large blue and pink triangles. They appear to be playing a card game, with several cards scattered on the rug. The woman's t-shirt has the words "courage" and "comfort" printed on it. The background shows a tiled floor and some furniture.

How to Create Daily Habits & Routines With Your Kids



There are some fun free resources on You Tube for your daily plan!

- 5 Minute Yoga Routine for Kids - Safari Adventure! | Channel Mum
- Cosmic Kids Yoga

[illegible]

Suggested Activities

- What do we associate with the word 'routine'?
- What is our experience of routines? Useful or not?
- What is our experience of children and routines?
- Some fun free activities for our routine.
- Plan a routine together (parent and child).



FAMILY COPING SKILLS BOX / DISTRACTION BOX

This is a box filled with items to help when people are feeling overloaded or stressed.

Sensory items such as fidget spinners, putty or slime can be helpful to some children when they are feeling emotionally overloaded. Don't forget about the grown-ups! Things like a tea-bag for a cuppa, essential oil or a gratitude list can all be helpful to give someone the space to catch their breath. The box can be made from a shoe box or container. The fun part is decorating it with your child and deciding what goes in it together.



Family Distraction Box

What will you put in
your box?

What will your
children put in the
box?

Can you and your
child write a
gratitude list for
your box?



HOW TO MAKE A COPING SKILLS BOX



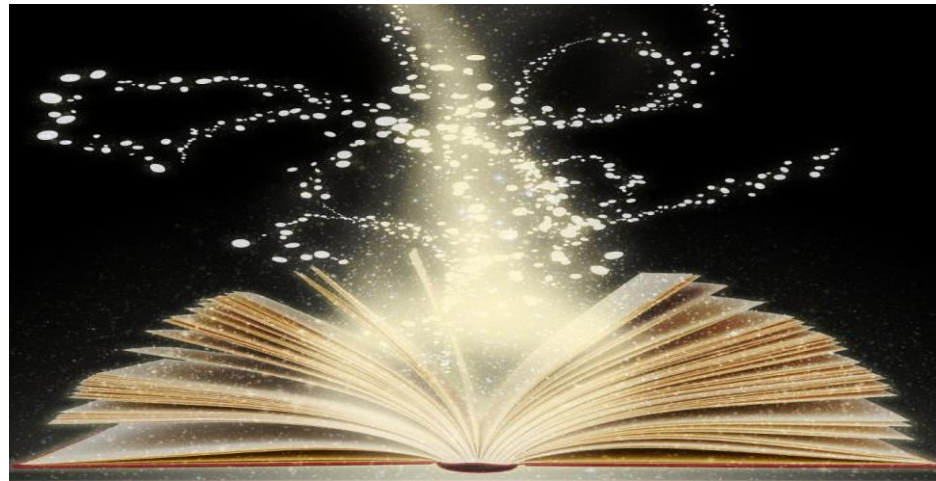
**Sometimes we just need to take a
breath...**



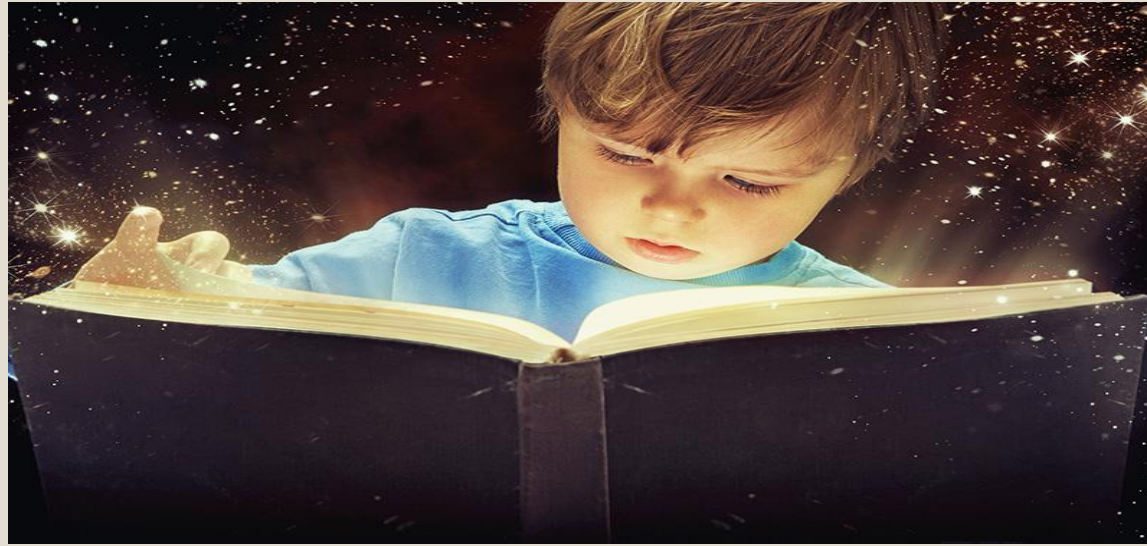
Suggested Activities

- Decorating our boxes together.
- Writing a gratitude list / drawing a gratitude list.
- Brainstorm - what relaxing things can we put in our box?
- Looking at some resources on You Tube for relaxing.
- Sharing the contents of our boxes with each other and telling the story of the items.

CHILDREN'S BOOKS ABOUT RESILIENCE

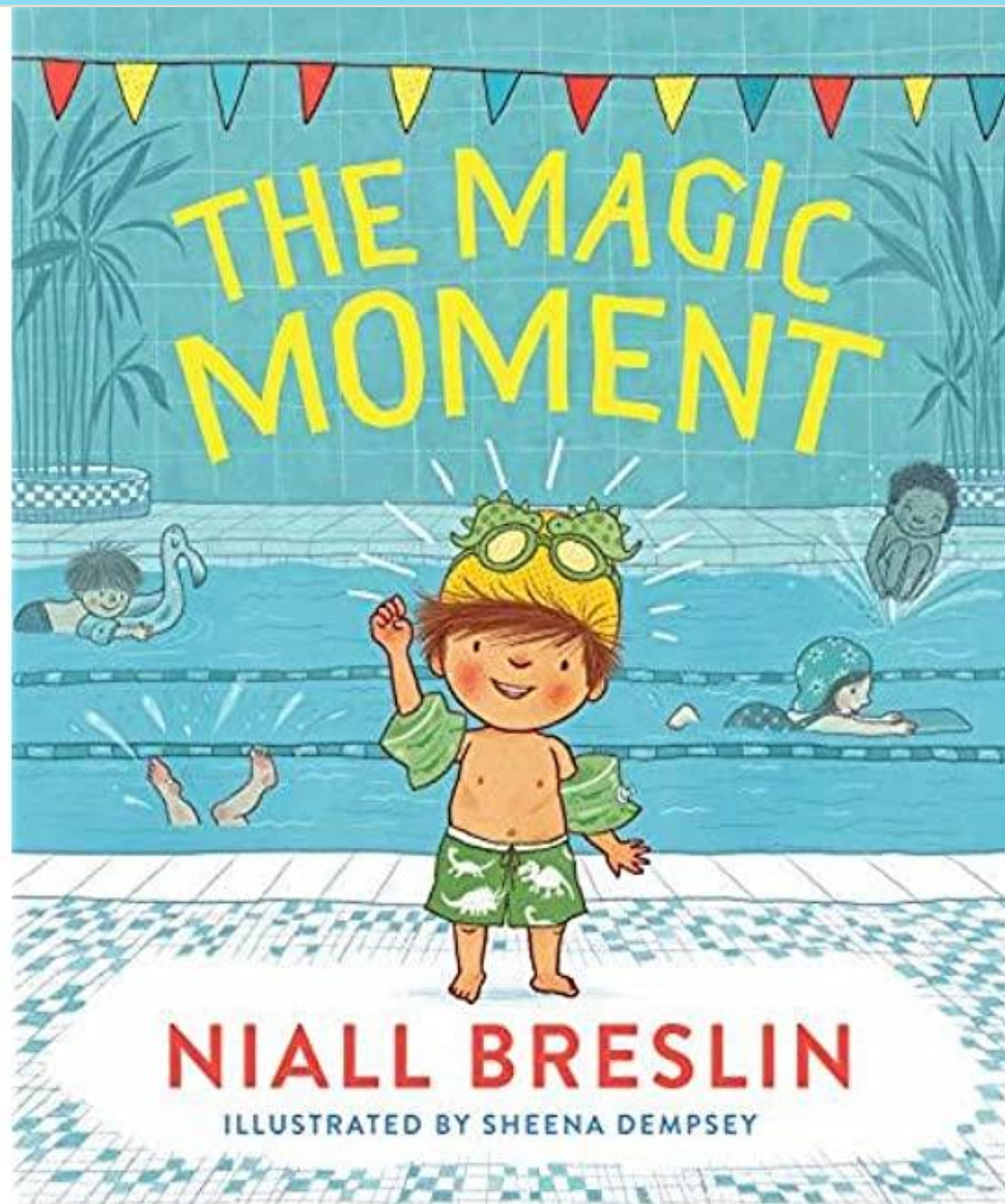


- Resilience can be learned like any other skill.
- It takes practice and patience.
- We cannot shield our kids from all of life's disappointments and challenges.
- Surround them with books and stories that promote resilience and whose characters keep trying.



When we read stories, whether true or fictional, that show others facing their problems and overcoming obstacles, we are helping to develop the same mind set in our children.

<https://biglifejournal.com/blogs/blog/top-childrens-books-resilience>



A man with short brown hair, wearing a black long-sleeved shirt, is holding a small lion in his arms. He is also holding a colorful book. The background is a wooden door.

my home county, to teach them the magic moment
technique which is a little mindfulness technique

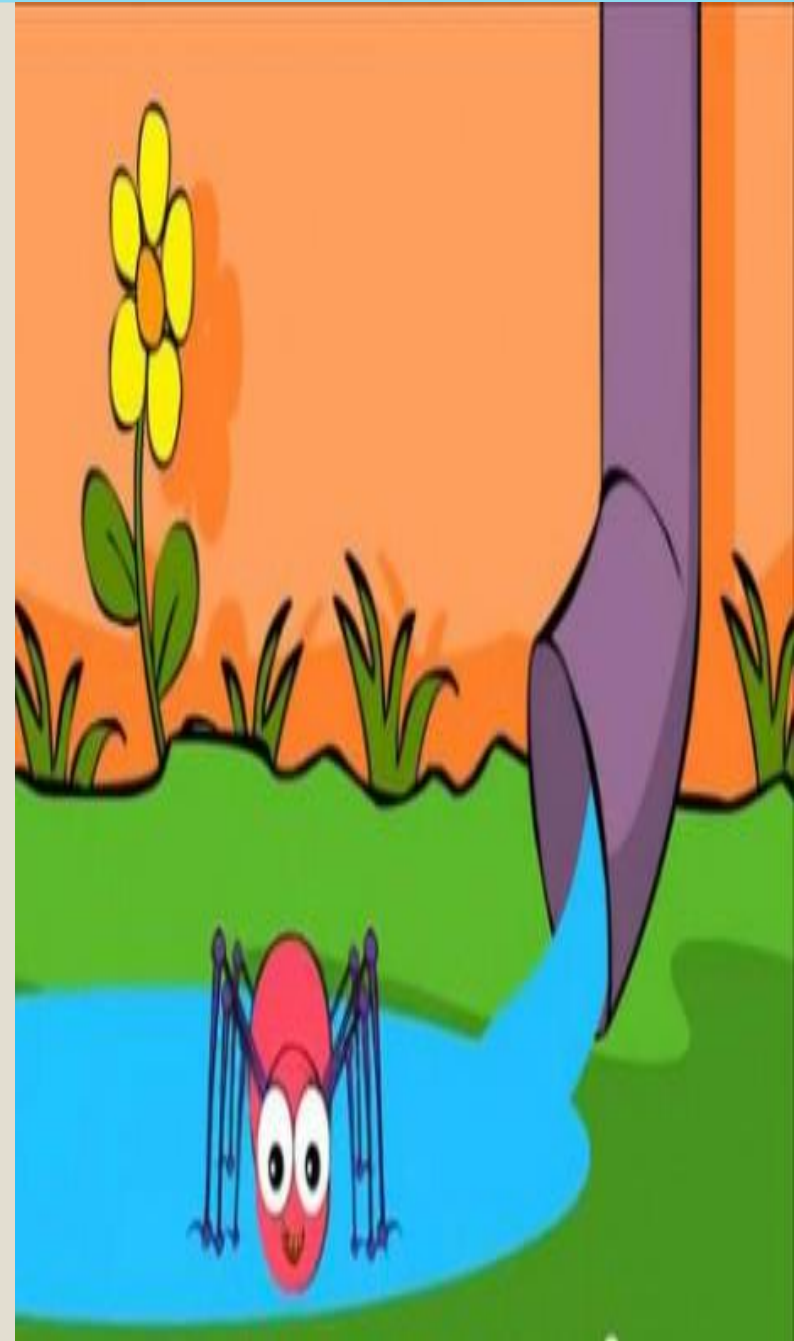


The Magic Moment

Try the magic
moment
technique
yourself now.

Some other resilient characters!

For very young children, this tough little spider is a great introduction to the idea of resilience. Even though the rain knocks her out of the drain, the itsy-bitsy spider picks herself up and tries again.





Can we think of any more resilient characters?



Suggested Activities

- Start a discussion around children's books and resilient characters.
- Read *The Magic Moment* by Niall Breslin.
- Try the technique.
- Brainstorm other resilient characters in children's and teenagers' books.
- Share some books with resilient characters.



THANK YOU