



Resilience skills to practise

Being thankful, learning how to be a good friend, controlling feelings and knowing what to do if bullied, are skills that will help your child become more resilient.

Talk about each skill with your child and find opportunities to help them practise each one.

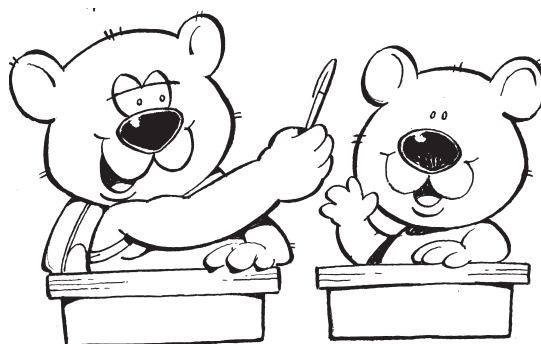
Being thankful

- Find the good things in the things that other people do for us.
- Find the good things about every day.
- Even when things don't go the way you would like them to, find something good.



Being a good friend

- Share things with others.
- Take turns to listen and talk.
- Say good things about others' ideas.
- Ask others to join in your games.
- Be a good winner and loser.



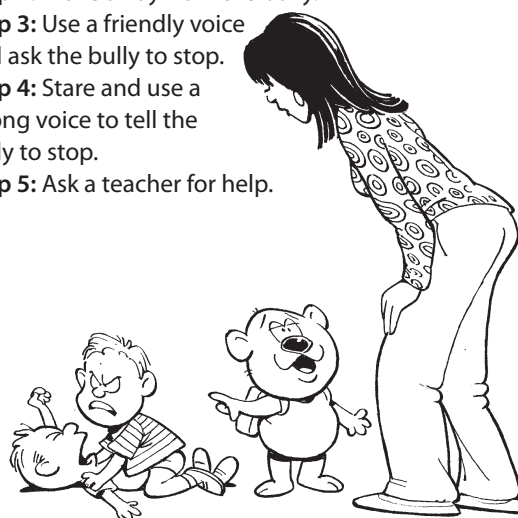
Being the boss of angry feelings

- Take a deep breath.
- Count to ten.
- Think happy thoughts.
- Talk to an adult about how you feel.



What to do if I am bullied

- Step 1:** Ignore the bully.
- Step 2:** Move away from the bully.
- Step 3:** Use a friendly voice and ask the bully to stop.
- Step 4:** Stare and use a strong voice to tell the bully to stop.
- Step 5:** Ask a teacher for help.



Children are always watching and will copy what we do. Be a positive role model. Use these skills and show your child how to be resilient.

Thank you for playing a vital role in your child's resilience and wellbeing education.