



# Creating resilient kids together

Resilience is the ability to 'bounce back' from problems and setbacks. It's important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way.



## What are the skills that develop resilience and wellbeing?

We have been learning and practising some of these personal and social skills in class. Help your child to practise these skills at home.

### Self-awareness skills

Be able to identify their strengths and challenges.

Be able to know what might influence their successes and mistakes.

Be able to see that the way they think about mistakes and negative situations can affect how they feel and behave.

Be able to self-reflect on their behaviour and decisions.

Be able to accept that setbacks and problems are a normal part of everyday life, and know that these situations often don't last and will improve with time and effort.

### Self-management skills

Be able to manage strong feelings such as fear and anger, and turn these feelings into better ones.

Manage impulses that may present a risk to their safety and wellbeing.

Be able to make plans.

Be organised, self-disciplined and courageous to achieve their goals.

Be able to predict problems and solve problems.

Have an age-appropriate level of independence.

Be able to focus on the positive things in negative situations.

Use thinking that is grounded in fact and reality.

Find something funny in a setback or problem to help keep things in perspective.

### Social awareness skills

Be able to read, predict and respond empathically to others' feelings and needs.

Appreciate others' points of view.

Not exclude others because of their differences.

Know where to go to ask for help at home, at school and in the community.

Believe that relationships matter.

### Social management skills

Have the skills to make and keep friends.

Be able to sort out conflict and cooperate with friends and peers.

Be able to make decisions based on safety and respect for self and others.

Be able to ask for help when required.

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