



# Resilience skills to practise

Recognising and controlling feelings, having a positive outlook, dealing with disagreements and knowing what to do if cyber bullied, are skills that will help your child to become more resilient.

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

## Getting a reality check when you feel unhappy or worried

Talk to someone else to:

- Make sure you have your facts right and haven't made a mistake.
- Get more facts so you can understand the problem.
- Get a second opinion on your thinking. Are you mind reading? Are you exaggerating the problem?
- Look for evidence to confirm or contradict your thinking.



## Turn gloomy to glad – ABCDE of happiness

- **Active** – physical activity can help you feel good. Play a game, walk, run, dance.
- **Belong** – make sure you connect with people around you – classmates, team mates, family, friends, your teacher.
- **Commit** – try to commit to doing something new or set a challenge. Learn a new game, read a new book, make a new friend.
- **Do something for someone else** – it makes you feel good.
- **Express thankfulness** – take time to notice and appreciate things – the food you eat, the people who are kind to you.

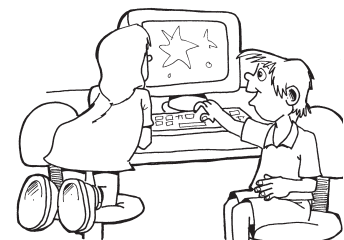


## Good ways to deal with disagreements

- **Ignore or walk away** but only if the disagreement is unimportant. If it is important, then you need to stand up for yourself and deal with the problem.
- **Agreeing to disagree** can be helpful if you don't need to make important decisions. Sometimes you just have different ideas about something and both people can be right.
- **Asking someone else to help** you sort things out is sometimes necessary. Do this only as a last resort. Try to deal with a disagreement by yourself first.
- **Being assertive** means speaking up about what you think isn't fair or correct without being angry or nasty. Start what you say with the words 'I feel' or 'I think'.
- **Apologise** if you have been unfair or done something wrong to someone, even if only some of the disagreement was your fault.
- **Problem-solving and negotiating** is the best way to deal with a disagreement. Negotiating means that you try to work out a solution that is fair to both of you and is one that you can both live with. You should both feel that you have achieved some of what you wanted.

## Protecting yourself from cyber bullying

- Tell your Mum or Dad if you see something online or on your phone that upsets you or makes you feel unhappy. You can also talk to a trusted adult like a teacher.
- **Hide your password.** Only ever share it with your parents – never with your friends.
- **Intruders are not welcome.** Block the person who is bullying. Most social network sites and phone companies allow you to report and block bad behaviour as soon as it occurs.
- **Name calling or being mean on the phone or the internet is not cool.** Respect yourself and others.
- **Keep your personal information safe.** Never give your real name, address or phone number to anyone you don't know in the real world. Use a nickname in chat rooms or when you play online games.



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