



EXPLORE THE IMPORTANCE OF RESILIENCE

Overcoming Obstacles: Teach children that setbacks are opportunities for growth and learning.

Persistence Projects: Engage in projects that require persistence, like building a puzzle or learning a new skill.

Celebrate Efforts: Celebrate efforts and progress, not just achievements.

Here are some resources to help encourage resilience in your child.

I'm A Winner

Because I Am

DISCOVER THE MAGIC OF WINNING THROUGH RESILIENCE

1

Real-Life Heroes: Share stories of real-life heroes who have overcome obstacles through resilience.

2

Role-Playing Games: Use role-playing games to practice overcoming challenges and building resilience.

3

Encouragement Cards: Create encouragement cards that children can give to each other to support persistence.

THE IMPORTANCE OF RESILIENCE



- **Never Giving Up:** Resilience teaches children the importance of never giving up, even when things get tough.
- **Adaptability:** Being resilient helps children adapt to changes and new situations more easily.
- **Emotional Growth:** Resilience fosters emotional growth and the ability to cope with stress.

