



Bouncing Back: Teaching children resilience skills

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What is “Resilience”?

“The capacity to adapt well to trauma and adversity”

✓ Bouncing back

Post-Traumatic Growth



Resilience

Great
News:

It can be
learned



Resilience

✓ A personal journey

✓ Unique for each person

Why do we need resilience?

- ✓ Makes us stronger
- ✓ Better able to cope with life's problems
- ✓ Helps manage during tough times

How can kids & teens learn resilience?

- ✓ Skills and strategies to strengthen resilience

- ✓ Learn at home and school

Remember: No one right way or single path

Key Points to Teach Parents

Resilience begins at home

- ✓ Create a strong bond
- ✓ Provide a caring and supportive relationship
- ✓ Show love and trust

Resilience Begins at Home

- ✓ Give encouragement and reassurance
- ✓ Be a resilient role model

Ten
Tips for
Bouncing
Back

10 Ways of Building Resilience in Kids & Teens

1. Talk with your child

- Open and honest, but
- Age appropriate discussions

10 Ways of Building Resilience in Kids & Teens

2. Make home an emotionally safe place

10 Ways of Building Resilience in Kids & Teens

3. Limit extended exposure to the news

- ✓ television
- ✓ newspaper
- ✓ flyers

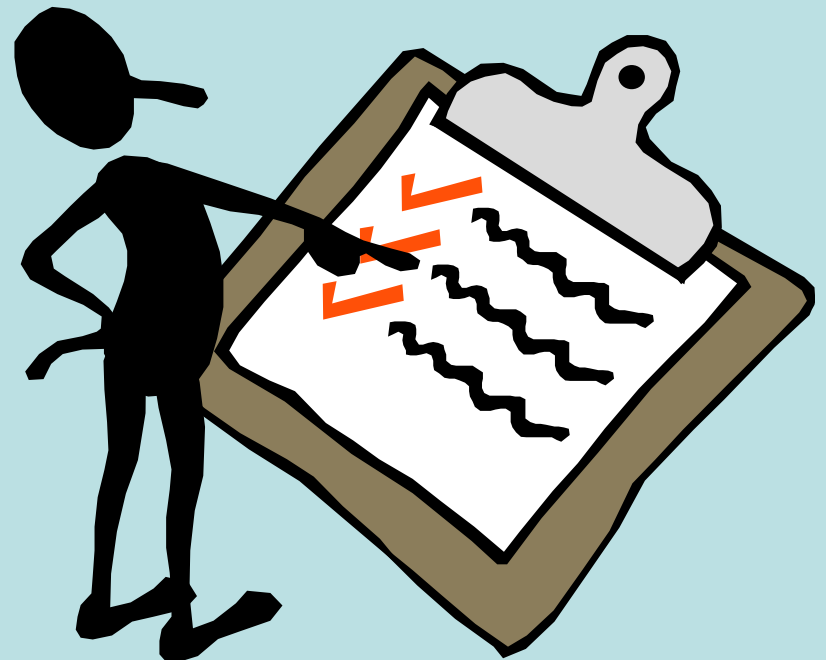
10 Ways of Building Resilience in Kids & Teens

4. Acknowledge relationship between stress and moods

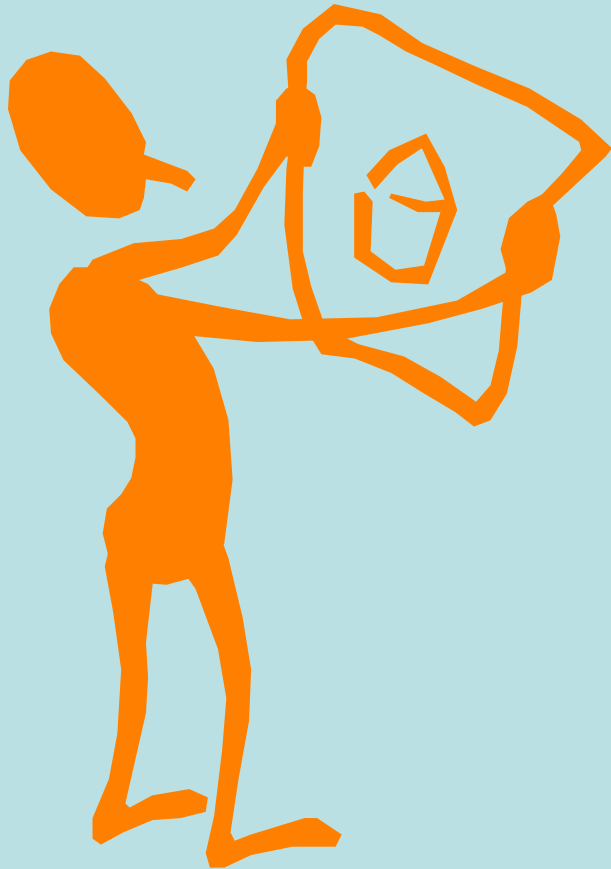
10 Ways of Building Resilience in Kids & Teens

5. Establish routines/rituals

- ✓ bedtime
- ✓ morning
- ✓ school
- ✓ chores



Rituals



✓ "handprint"

✓ "kissing hand"

✓ journaling

✓ calendar diary

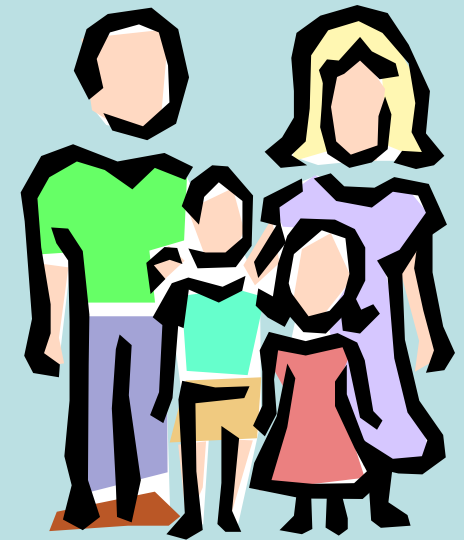
✓ pictures

10 Ways of Building Resilience in Kids & Teens

6. Create emergency plan

- Simple and clear for all
- Practice and routinely talk

✓ Meeting location



✓ Communication plans

✓ With each other

✓ With someone else

✓ Extended family/friends

10 Ways of Building Resilience in Kids & Teens

7. Teach how to express their fears

- Creative activities

 - Art/expressive writing

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 - Art/expressive writing

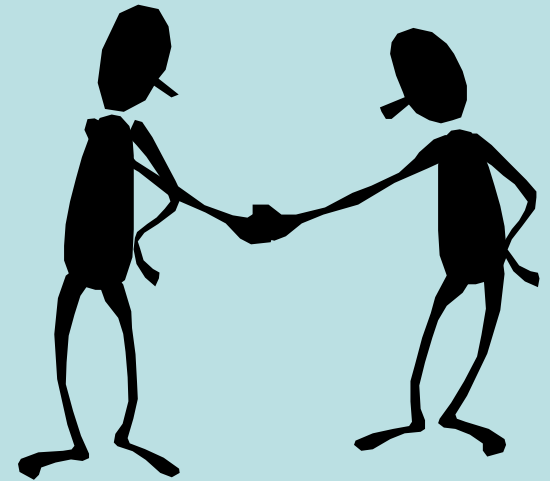
- Keep in perspective

10 Ways of Building Resilience in Kids & Teens

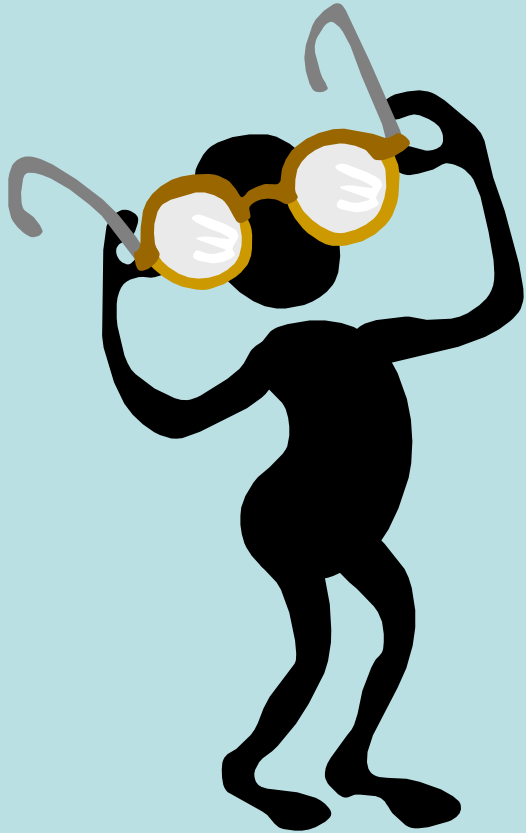
8. Enlist their help

- Around house
- Around community

(age appropriate activities)



10 Ways of Building Resilience in Kids & Teens



9. Teach how to keep a positive perspective

- Look at future

10 Ways of Building Resilience in Kids & Teens

9. Teach how to keep a positive perspective

- Look to the future
- Set goals

10 Ways of Building Resilience in Kids & Teens

10. Take care of your own self

✓ You are a model for others

“The cobbler’s kids do not have shoes”

Real-Life Resilience Lessons

Your daughter sits alone - playing a video game in the park. She doesn't reply when some kids having fun and laughing while playing in a tree say "hi" and ask her to join them.



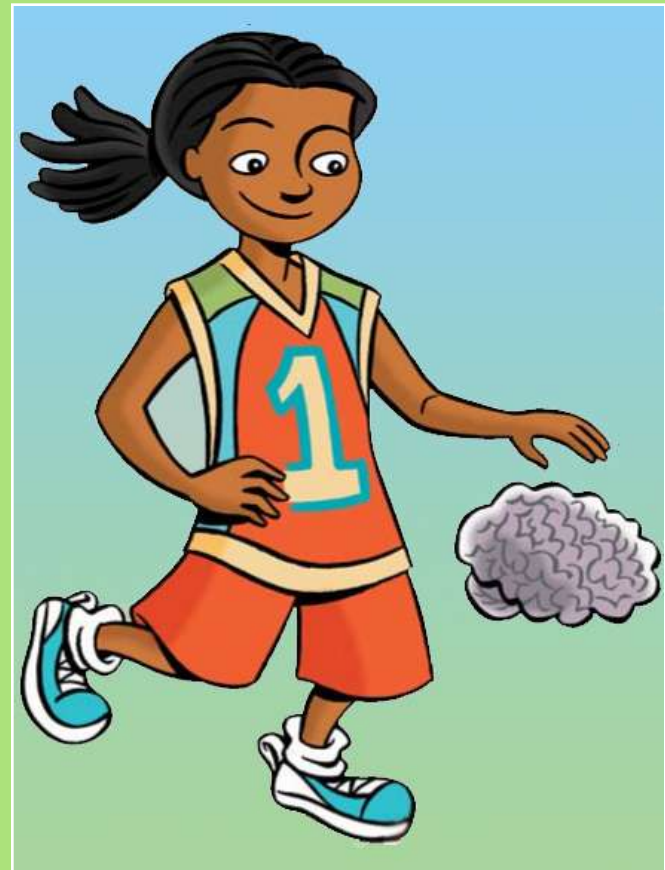
Real-Life Resilience Lessons

Your son is already anxious about starting middle school and meeting new people. To make matters worse, he tells you he is being bullied by another kid.



What does Resilience mean to Kids and Teens?

- ✓ Bouncing back from difficult experiences
- ✓ Helps us manage during tough times
- ✓ Makes us stronger



Developmental Stages

- ✓ Alter messages to age-appropriate level
- ✓ Those closest are best aware of child's level

Resilience and Pre-Schoolers

- ✓ Watch for signs of fear and anxiety they may not be able to verbalize
- ✓ Encourage play to help them express feelings
- ✓ Use your family like a security blanket (picnic dinner)

Resilience and Elementary School Children

- ✓ Make them feel safe
- ✓ Answer questions honestly and simply with clear statements that leave no room for doubt
- ✓ Limit exposure to news and information

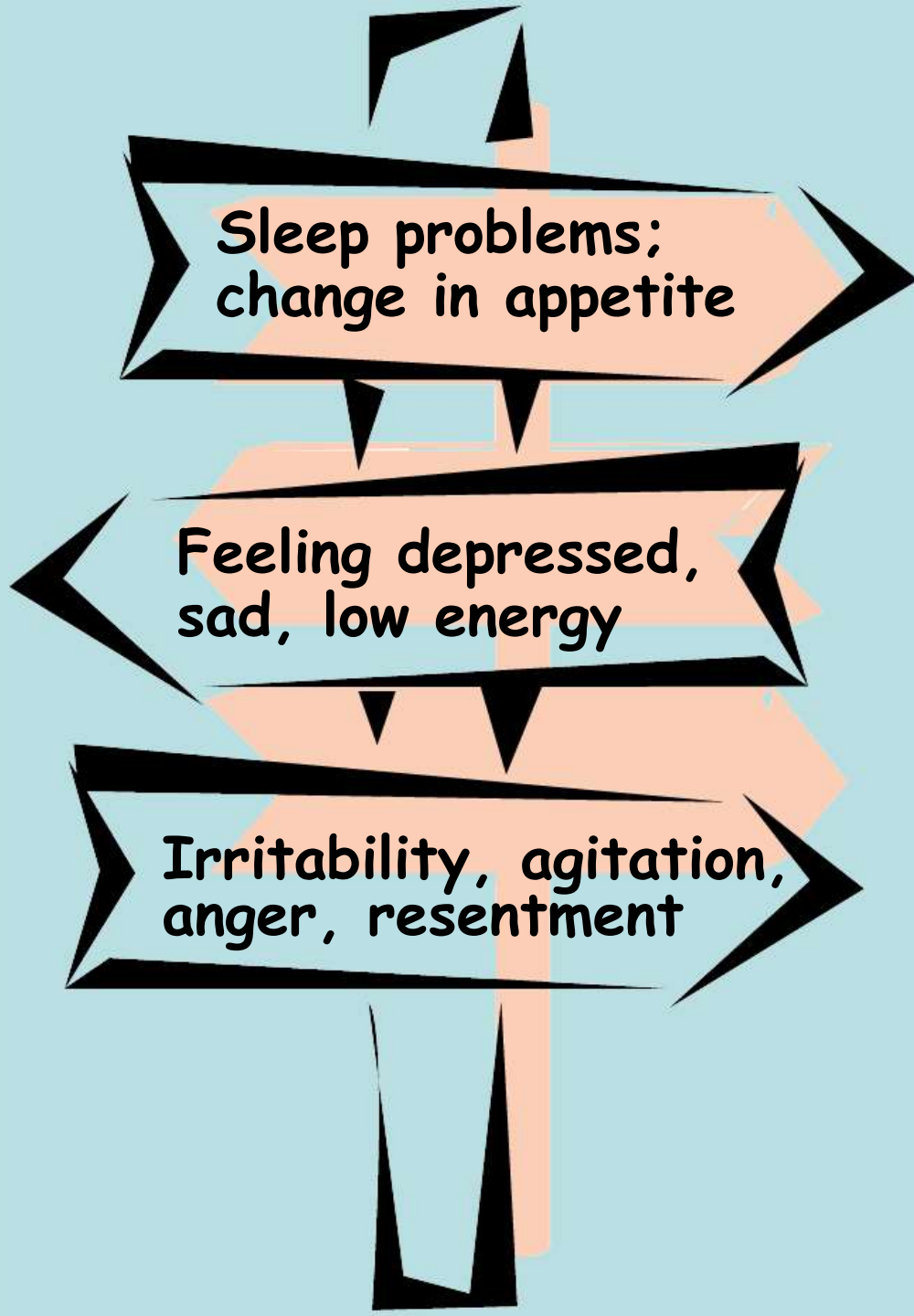
Resilience and Middle School Children

- ✓ Help them keep perspective
- ✓ Share your feelings
- ✓ Reinforce safety and security
- ✓ Enlist their help

Resilience and Teens

- ✓ Talk whenever you can; ask for their opinions and listen
- ✓ Make home a safe place emotionally
- ✓ Use news as a catalyst for discussion but not to overwhelm
- ✓ Recognize their physical changes


**What are
some signs a
child isn't
coping well?**

A stylized figure with a light blue body and a white face, positioned in the background. The figure has three speech bubbles pointing to the right, each containing text. The top speech bubble is orange, the middle one is light blue, and the bottom one is orange. The figure's arms are raised, and its legs are spread apart.

**Sleep problems;
change in appetite**

**Feeling depressed,
sad, low energy**

**Irritability, agitation,
anger, resentment**

A vertical signpost with a light blue background and a dark blue vertical bar. Three arrows point outwards from the bar: one pointing up, one pointing left, and one pointing right. Each arrow contains a sign of stress.

Being on edge, easily startled, overly alert

Feeling extremely protective

Feeling scattered or unable to focus

What are some signs a child isn't coping well?

**What are
some signs a
child isn't
coping well?**



**Difficulty making
decisions**

**Crying easily and
spontaneously**

**Recurring thoughts
or nightmares**

Fostering Resilience in the kids & teens

✓ Presentations for:

➤ kids & teens

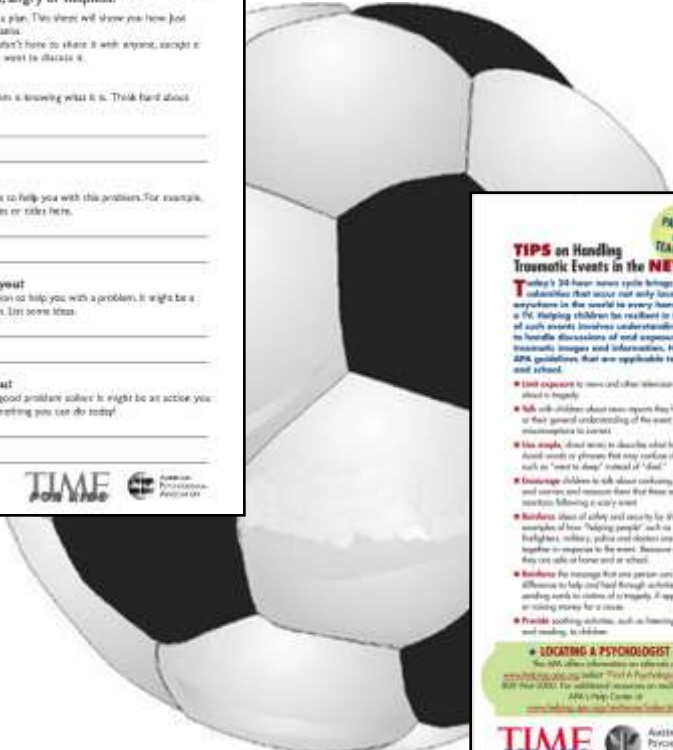
➤ teachers

➤ school groups

➤ youth groups (church, scouts)

Resilience Resources

- Brochures
- Worksheets
- Fact sheets



GOT A PROBLEM?
Make a Plan to Work It Out

Everyone has problems and conflicts now and then. That's normal. What's important is learning how to bounce back from problems, so you don't get stuck feeling worried, angry or helpless.

A good way to deal with a problem is to make a plan. This sheet will show you how to think about the situation and then fill in the blanks.

IMPORTANT: This page is your property! But don't bring it with anyone, except a parent, teacher or psychologist as advised if you want to discuss it.


What's the problem?
Remember that the first step in solving a problem is knowing what it is. Think hard about what's really bothering you. Explain it here.

Who can help you?
Think about adults or friends who might be able to help you with this problem. For example, who can you talk to about it? Write some names or titles here.

What do YOU know that can help you?
This might be knowing where to go for information or help you with a problem; it might be a strategy you've learned for dealing with problems. List some ideas.

What can YOU do that can help you?
This might be a skill you have, such as being a good problem solver; it might be an action you can think of to try. List at least one idea of something you can do today!

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TIME FOR KIDS 

TIPS on Handling Traumatic Events in the NEWS


For PARENTS and TEACHERS

Today's 24-hour news cycle brings headlines that occur not only locally but worldwide in the world to every home with a TV. Helping children be resilient in the face of such events involves understanding how to handle discussions of world exposure to traumatic images and information. Here are APA guidelines that are applicable to home and school.

- **Limit exposure to news and other information programs aimed to tragedy.**
- **Talk with children about news reports they have seen or their general understanding of the event.** Listen for misconceptions to correct.
- **Use simple, direct words to describe what happened.** Avoid words or phrases that may confuse children, such as "need to sleep" instead of "dead."
- **Encourage children to talk about confusing feelings and concerns and reassure them that these are normal reactions following a scary event.**
- **Reassure them of safety and security by sharing examples of how "helping people" such as firefighters, military, police and doctors are working together to respond to the event.** Reassure children they are safe at home and in school.
- **Reassure the message that one person can make a difference to help and lead through activities such as sending cards to victims of a tragedy, if appropriate, or writing letters for a cause.**
- **Provide soothing activities, such as listening to music and reading, to children.**

LOCATING A PSYCHOLOGIST

The APA offers information on referrals at www.apa.org/2009/06/01/060109a under "Find a Psychologist" and in our Free APA's For additional resources on this topic, visit APA's Help Center at www.apa.org/helpcenter.

TIME FOR KIDS 

More information:

www.APAHelpCenter.org



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