

RESILIENCE BOOSTERS

Building the resilience muscle of our children to help them bounce right back

UNDERSTANDING RESILIENCE

As parents, we hope to strengthen the social and emotional skills and positive beliefs of our children so that they develop the resilience to persevere and adapt positively in the face of challenges. It is not impossible to build resilience in our children.

Qualities of a Child who shows

RESILIENCE

A Child who is RESILIENT

- adapts positively despite setbacks
- perseveres in the face of challenges

[click to find out more](#)

The ability to thrive despite challenges arises from the skills of resilience. The good news is that resilience skills can be acquired and nurtured.

Move Towards Goals

Guiding our children to set and move towards realistic and meaningful goals one step at a time focuses on what they can accomplish. This encourages them to move forward in the face of challenges and increases their likelihood of achieving their dreams.



Have a Sense of Purpose

Developing a sense of purpose in our children provides the motivation and energy for them to persevere through challenges. It moves them to look beyond present circumstances and to contribute towards their desired future.



Keep Things in Perspective and Maintain a Hopeful Outlook

Encouraging our children to maintain an optimistic and positive outlook, while accepting the negative circumstances or emotions, enables them to see the good things in life and keep going even in the toughest times.

Overcome challenges or obstacles

Facilitating the problem solving process in our children helps them to trust themselves to find alternative solutions for problems or find a way out of difficulties. This also builds their confidence to handle future challenges.



Building RESILIENCE in our children



Focus on Strengths

Helping our children recognise their own strengths and encouraging them to use them in their daily lives contributes to more meaningful lives. Focusing on their strengths rather than weaknesses also helps them in overcoming challenges or obstacles.



Make Connections

Building positive social skills in our children helps them to make friends and build relationships. Connecting with people provides the social support in times of need.

Emotion Self-Care

Teaching our children to acknowledge and manage their negative emotions is part of self-care. Only then can they find ways to deal with the problem.

Create a Home Environment that Promotes Resilience-Fostering Interactions

and Builds their Resilience

Give our Children

S.P.A.C.E

to Grow

[click to find out more](#)

Building resilience in your child is a unique journey where you need to use your knowledge and understanding of your child to guide him/her.

Recognise Common

STRESS SYMPTOMS

in Your Child

If your child seems to be overwhelmed, you may consider turning to the school counsellor for guidance.

[click to find out more](#)

Qualities of a Child who shows

RESILIENCE

A Child who is **RESILIENT**

- adapts positively despite setbacks
- perseveres in the face of challenges



BELIEFS

- Is open to setbacks and learns from them
- Believes that failure is not permanent
 - Is hopeful

PERSONAL CHARACTERISTICS

- Has a sense of humour
- Is determined
- Has self-control and emotional management
- Finds different ways to handle new or difficult situations
- Knows one's strengths and develop ways to improve one's weaknesses



RESILIENCE-FOSTERING INTERACTIONS

Give our Children **S.P.A.C.E** to grow

SUPPORT

- Provide positive feedback
- Be willing to listen

PROBLEM SOLVE

- Reflect on setbacks together
- Guide your child to develop alternate plans

AFFIRM

- Affirm strengths and efforts
- Use of effective praise

CCHEER

- Cheer your child on for every effort
- Celebrate all successes, even small ones

EMPower

- Let your child make decisions
- Encourage your child to voice his/her ideas, and carry out the plans made

PROVIDE ADEQUATE CHALLENGE

- **Stimulating Environment**
 - Provide opportunities for challenges
 - Nurture your child's talents
- **Structure**
 - Set consistent and realistic expectations
 - Maintain daily routines with clear boundaries
 - Assign responsibilities (e.g. household chores)
- **Supervision**
 - Monitor your child's progress
 - Look out for signs of distress



PROVIDE HIGH SUPPORT

- **Responsive Environment**
 - Know your child's needs
 - Be present
- **Role Modelling**
 - Role model social skills
 - Be consistent in teaching and setting examples
- **Reassurance**
 - Encourage your child regularly and intentionally
 - Tell your child "I believe in you"



Recognise Common

STRESS SYMPTOMS

in Your Child

Use this list to check if your child is experiencing **STRESS**

Struggles to pay attention in studies or activities



Tiredness



Rebellious streak



Excuses to miss school



Stays away from others

Sulkiness



If these signs are present in combination, or in more extreme or long-lasting forms, it may be an indication that your child is experiencing significant stress. If in doubt, please seek help and advice from the School Counsellor or mental health professionals.

You may want to refer to the emotion management resource to guide your child in managing his/her stress.





SENSE OF PURPOSE

A **RESILIENT CHILD**
SETS GOALS
and knows how he can
CONTRIBUTE
POSITIVELY

Your Child
Knows...

"Who I am"

"What my strengths are"

"What I am passionate about"

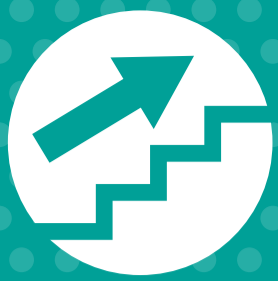
"What I am here for and how
I can contribute"



Tips for
**DEVELOPING A
SENSE OF
PURPOSE**
in Your Child

- Set and work towards goals together
- Expose them to new experiences (e.g. places, hobbies, occupations) to let them discover their interest and passion
- Affirm their unique talents and qualities
- Provide opportunities to contribute to society (e.g. participate community activities)





Tips for Guiding Your Child in SETTING GOALS

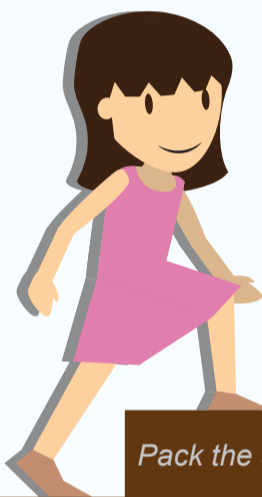
“Small Steps
Lead to Big
Dreams”

Remember **L.I.F.E**

LIFE SKILLS as Goals

Set goals for developing skills for life. Goals can include social skills, interests, or habits your child wants to pick up or improve in.

IDENTIFY AGE-APPROPRIATE Goals with Your Child



**Be Punctual
for School**

Set an alarm clock
and keep to it

Pack the school bag the night before

Smaller achievable goals

- Break down large tasks into smaller achievable goals for younger children.

- Acknowledge accomplishments on the way to larger goals for older children.



Good Time Management

| | Mon | Tue | Wed | Thur | Fri |
|---------|-------|-----|-----|------|-----|
| 8:00 ~ | | | | | |
| 10:00 ~ | | | | | |
| 12:00 ~ | | | | | |
| 2:00 ~ | Break | | | | |
| 4:00 ~ | | | | | |
| 6:00 ~ | | | | | |
| 16:00 ~ | | | | | |
| 18:00 ~ | | | | | |

FOLLOW **S.M.A.R.T** as a Guide

SPECIFIC
MEAASURABLE
ACHIEVABLE
REALISTIC
TIMELY

Guiding Questions

Examples

| | |
|---|---|
| What do you want to do or achieve? | Learn to swim freestyle |
| Can you put in numbers to help you see your progress over time and know when you've achieved your goal? | Learn to swim 200 meters freestyle within ten minutes |
| Do you have the ability to do it? What skills, strengths or resources can you rely on? | Learn to swim 200 meters freestyle with the help of a board within ten minutes |
| Can it be done given the amount of time and resources? Who or what can you seek help from? | Learn to swim 200 meters freestyle with the help of a board within ten minutes, from a swimming instructor |
| When do you need to reach this goal? | Learn to swim 200 meters freestyle with the help of a board within ten minutes, from a swimming instructor, in four weeks |

ENCOURAGE and **S**UPPORT

- **Monitor your child's progress**
E.g. Reflect with your child the progress made each week, and guide him/ her on any adjustments to be made.
- **Acknowledge setbacks**
E.g. On certain days when your child is unwell, he/ she might not be able to perform as well.
- **Celebrate successes**
E.g. Praise your child and ask how he/ she feels when a goal has been reached.





Tips to Guide Your Child in

PROBLEM SOLVING

Use **S.O.D.A.S** to guide your child in problem-solving

Identify the **SITUATION**

What happened?

Explore 2 to 3 **OPTIONS** within his/her control

What are the things you can change?

Think of the **DISADVANTAGES** of each option

What are some possible negative consequences about the option?

Think of the **ADVANTAGES** of each option

What are some possible positive outcomes about the option?

Select the overall best **SOLUTION**

Why is it the overall best solution?

Tips for Parents:

Help your child to see **"FAIL"** as **"First Attempt In Learning"**. Guide him/ her to manage and overcome failures

Encourage your child to

- Seek help from you, a teacher or the School Counsellor by saying "I need help."
- Reflect: Think back on the experience, learn from it and do it better the next time



CHARACTER STRENGTH



Strengths of WISDOM and KNOWLEDGE

- Creativity
- Curiosity
- Open-mindedness
- Love of Learning
- Perspective



Strengths of COURAGE

- Bravery
- Perseverance
- Integrity
- Enthusiasm
- Honesty



Strengths of HUMANITY

- Love
- Kindness
- Sociability



Strengths of JUSTICE

- Citizenship
- Fairness
- Leadership
- Teamwork



Strengths of TEMPERANCE

- Forgiveness
- Humility
- Caution
- Self-control

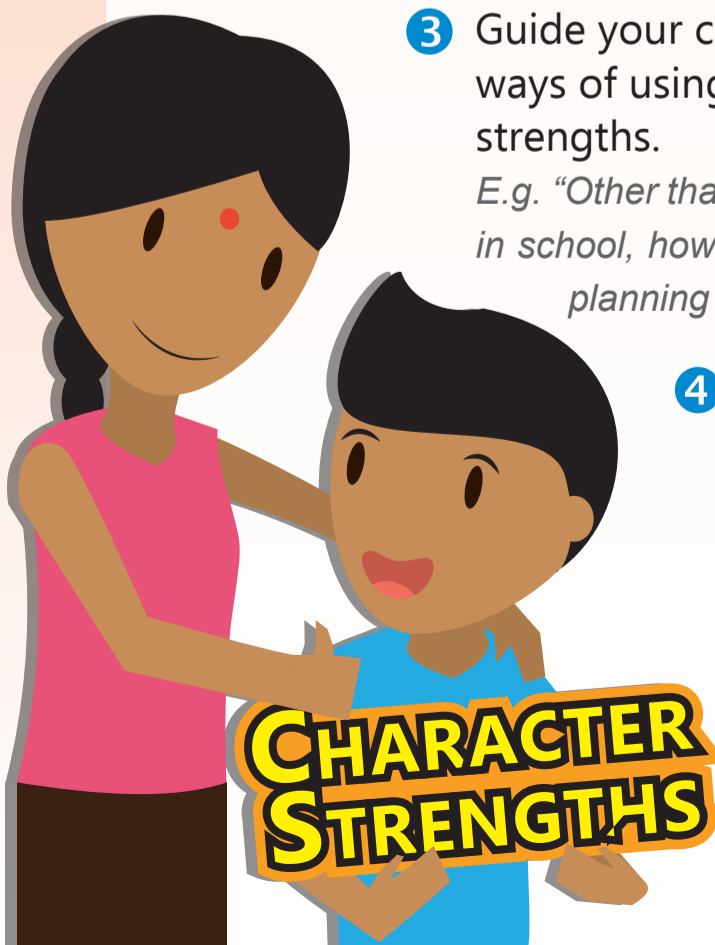


Strengths of TRANSCENDENCE

- Appreciation
- Gratitude
- Hope/ Optimism
- Humour
- Spirituality/Purpose

Tips for Building Character Strengths in Your Child

- 1 Encourage your child to know his/ her character strengths and to use them regularly.
- 2 Compliment your child for his/ her character strength that you have observed.
- 3 Guide your child to think about new ways of using his/ her character strengths.
E.g. "Other than using your leadership strength in school, how about using it at home too, like planning for a family gathering?"
- 4 Have conversations with your child from a strengths-perspective.
E.g. "Think about how you responded. What strengths did you show?"
- 5 Tap on your child's strengths, especially in coping with adversity and overcoming obstacles.
E.g. Tap on your child's sociability to find social support during challenging times.





Tips for developing

POSITIVE THINKING in Your Child

Use these steps and questions to guide your child to think **POSITIVELY**

RECORD

thoughts and feelings of the situation.



What do you think and how do you feel about the situation?

RATIONALIZE

irrational thoughts associated with the event by challenging them.

What evidence supports or challenges these thoughts?

REPLACE

irrational thoughts with rational thoughts. Check if feelings have improved.

What is the most rational way to think about the situation?
How do you feel about the situation now?

Child sees friend joining other friends for recess...

Sue is ignoring me. She doesn't like me anymore.

After rationalizing...

Sue may not have seen me, and maybe thinks I'm not around.

Child fails a class test...

I'm such a failure. I'll surely fail all my other subjects too and be retained this year.

After rationalizing...

ENGLISH
MOTHER TONGUE
HUMANITIES
MATHEMATICS

I can do better for this test next time. I've also not received the other test results.

Child's sibling is a star CCA performer in school...

Brother is good at everything while I'm not. Mum and Dad will not love me as much.

After rationalizing...

Brother is good in certain areas while I'm good in others. Mum and Dad love us for who we are.





Tips for Building Positive **SOCIAL SKILLS** in Your Child

Build positive interaction skills

Engage your child in activities that require sharing or taking turns.



Create opportunities for teamwork

Encourage your child to cooperate with others to reach a goal.

E.g., planning for an event.

This builds problem-solving and conflict resolution skills.



Nurture empathy in your child

Create opportunities to talk about your child's feelings.

When your child talks:

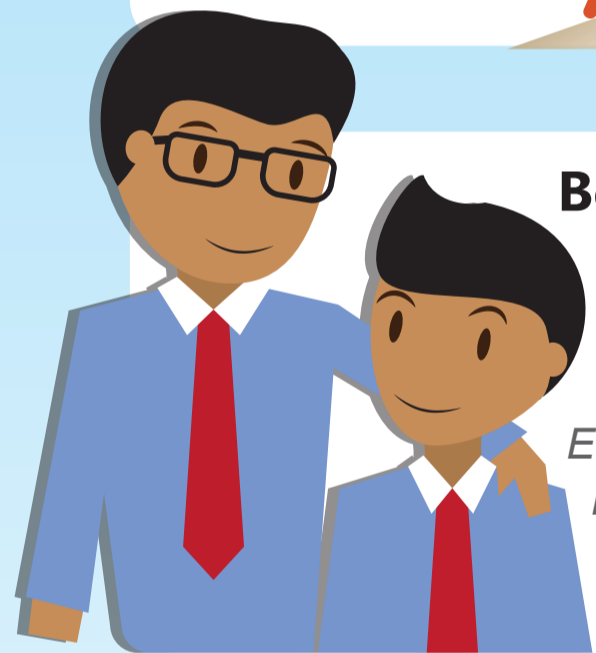
- 1 Listen attentively
- 2 Let him/her state his/her views before offering yours.
- 3 Paraphrase his/her view to show that you are listening which encourages him/her to say more.
- 4 Ask him/her to share his/her feelings or check if he/she is feeling a certain way.
- 5 Share your own feelings, when appropriate.



Be a good role model

Let your child see you demonstrate positive social skills.

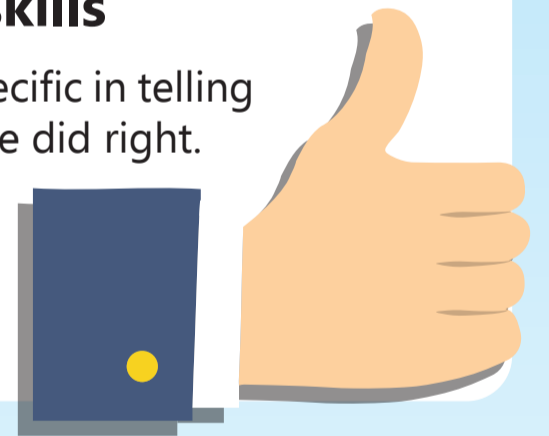
E.g. Let your child witness how you apologise, when appropriate.



Praise your child for positive social skills

Show approval. Be specific in telling your child what he/she did right.

E.g. "Well done! You spoke calmly even though you disagreed."



Teach your child to consider others' views

Other people's thoughts are as important as ours.

Teach your child to ask himself, "What would I be thinking if I were that person?"



Volunteer with your child

Acts of kindness can strengthen your child's understanding of his impact on the world around him.

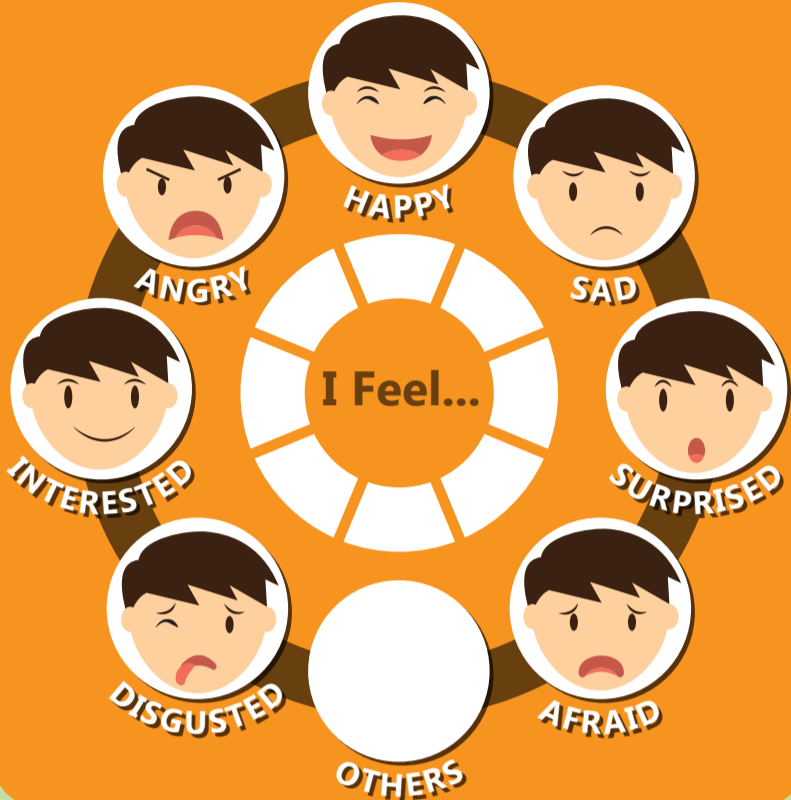




_____ 's

EMOTIONAL STRENGTH BOOSTER

What am I feeling now/ today?



A safe space for me to be at when I need to feel okay is:

When I feel strong 😡 emotions, I can calm myself down by:

- getting out of the situation
- counting to ten
- taking a deep breath and slowly breathing out
- doing muscle relaxation exercise
- closing my eyes and thinking of pleasant images
- telling myself something positive:

- talking to someone I trust:

- others: _____



Positive activities I can engage in to feel better are:

- drawing/ painting
- writing my journal
- reading a book
- listening to soft music
- drinking some water / eating a healthy snack
- playing a sport/ taking a walk
- meeting up with my friends
- others: (_____)



Tips for Building Your Child's "EMOTIONAL STRENGTHS"

- 1** Take time to actively notice and name your child's emotions together.
- 2** Connect with your child on an emotional level.
E.g. Make talking about their feelings a natural part of conversations.
- 3** Embrace all of your child's emotions (avoid being dismissive or disapproving). Help your child recognise and understand his/ her feelings.
- 4** Discuss how your child can cope and manage the negative emotions.
E.g. practise calming down strategies.
- 5** Role model how you express and manage your emotions in appropriate ways.
E.g. Calmly admit that you are upset and take a 10-minute time-out
- 6** Encourage your child to persevere through challenges even though there may be uncomfortable feelings.
- 7** Guide your child to accept situations that he cannot change.
- 8** Have your child share three things he feels good or thankful about for each day.

