

BUILDING RESILIENCE

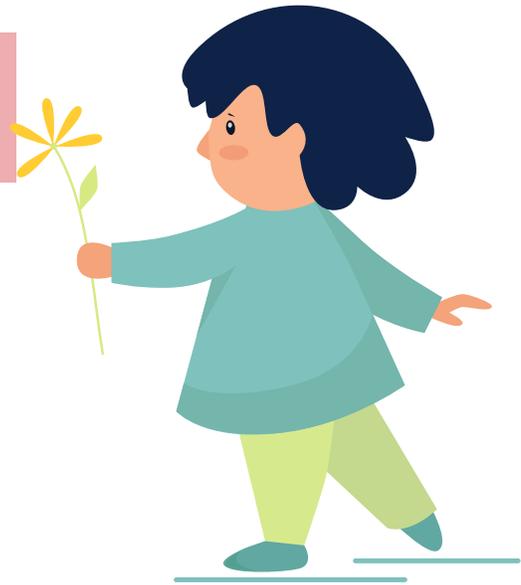
Supporting Children in Managing Tough Emotions

Supporting children in building resilience includes helping them overcome difficult moments or emotions that might feel "too big" to handle. These simple activities can help children learn to regulate their feelings, and can help adults practice building their own resiliency too!

BREATHE

Regulating breathing can help to calm the mind and body when feeling overwhelmed or frustrated.

Try This: Sit with your legs crossed on the floor. Breathe in slowly through your nose, pretend you are smelling a flower. Hold your breath for 3 seconds. Exhale slowly, pretend you are blowing out a candle.



TAKE SPACE

Taking space allows you to reset and collect your thoughts and emotions before sharing with others.

Try This: Having a calming tool or fidget toy can help children focus nervous energy and relax. For instructions on how to create a family calming tool, click below to

[Visit our YouTube Channel](#)

it's okay to feel



your feelings

ENCOURAGE FEELINGS

Talking openly about feelings and using healthy communication leads to easier conflict resolution and understanding

Try This: Encourage your child to use to use feelings statements to express their emotions in the moment by following the phrase:

"I feel _____ because _____"

LISTEN ACTIVELY

Showing children you hear them and responding with empathy can support them in deescalating feelings of distress and help them feel heard and understood

Try This: After listening to your child express their feelings, repeat back to them what you heard in your own words. For example "I hear you are feeling disappointed that you didn't get to go to the park today, is that right?"



CELEBRATE THE POSITIVE

Reminding children that they are loved unconditionally allows them to be their full selves. Rewarding them with positive praise when they behave well, continues to encourage positive behavior.

Try This: Draw a picture as a family and include all the things you love about each other!