



# HOW CAN WE BUILD RESILIENCE



## WHAT IS RESILIENCE?

**Resilience is a form of emotional and social well-being. Having strong resilience skills can help people bounce-back and recover after difficulties or set-backs. Resilience can help reduce anxiety when dealing with new situations or changes.**

### RESILIENCE AND ADAPTING

Sometimes resilience can be part of a child's personality. But often they learn how to be resilient through their lifetime. Resilience supports children through changes. Families and teachers can help children learn to understand their needs and feelings. This can really help when things get tough.

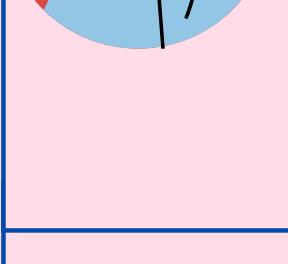
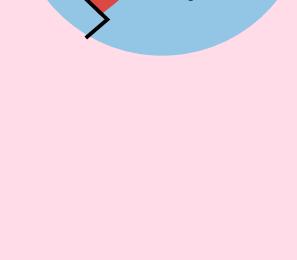


### RISK FACTORS

Children who have challenges in their life are often more likely to struggle with change and difficult situations. These challenges can be external such as family finances, or internal such as additional needs. But they can be helped by schools and families to build their resilience!

### EMPATHY AND RESPECT

Children should have emotional role models. If their teachers and parents can show them respect and positive relationships it helps children to gain empathy and understanding of others. By building a positive and understanding culture around them, children can learn how to manage their own emotions better and support their friends as well.



### HOW TO HELP

Try and listen to what children need. Teach them how to understand their needs, and ask for help when needed. Support children's self-motivation to help build confidence in their abilities. Be aware that some children come from backgrounds that mean they need more support with these things.

### POSITIVE OUTCOMES

Children with strong social support networks as well as enhanced emotional understanding are more prepared to handle difficult situations and everyday change. Self-awareness and self-discipline can help with academic and emotional confidence. And all of these things can help build a resilient child and a strong community!

