Quick Tips for Kids to Nurture Resilience

**Resilience** is being able to thrive in both good times and hard times. We can grow our resilience at any age.

**Self-care**
Sleep, exercise and healthy foods are important ways we care for ourselves.

**Attachment**
Time with friends and family is good for our growing minds and bodies.

**Self-worth**
We are important not for what we do but for who we are.

**Feelings**
Recognizing and naming our feelings helps us to talk about them.

**Soothe**
Taking care of ourselves when we are upset helps. Five deep breaths are always great!
Relationships Matter
Friends, family and caring adults including parents, coaches and teachers help us to grow our resilience.

Rules
Understanding and talking about rules helps us to be safe.

Choices
Having and making safe choices teaches us about the world.

Accountability
Mistakes are part of life. Finding the lessons in them helps us to learn.

Empathy
Thinking about how others feel helps us to have trust and respect for everyone.

Belonging
Including others builds friendship and community.

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