



## Characteristics of Resilient Kids

**What is Resilience?** Resilience is the ability to cope and stay healthy in spite of the negative things that happen through life. Resilience is being able to cope with life's ups and downs and to recover well when things go wrong.

### Building resilience in children includes 5 areas:

1. Personal coping skills which include thinking in a healthy way so children can put things into perspective and build self-confidence.
2. Interpersonal skill development which includes making friends, managing feelings, dealing with conflict, seeking help and solving problems.
3. Developing individual coping strategies such as finding something fun to do, meditating, writing in a journal and using an emotional thermometer.
4. Nourishing the spirit by putting into place a variety of preventative strategies that help to minimise stress such as spending a lot of time engaging in free play and being creative.
5. Providing lots of opportunity for children to make mistakes, deal with problems on their own and giving children appropriate independence.

## Characteristics of Resilient People

- Ability to “bounce back” and “recover from almost anything”
- Optimistic, flexible thinking skills
- Have a “where there’s a will, there’s a way” attitude”
- Tendency to see problems as opportunities to learn and grow
- Ability to “hang in there” or persevere and persist
- Have a strong authentic self esteem
- Capable of setting clear, realistic and attainable goals
- Have a healthy social support network
- Seldom dwell on the past or the future
- Learn from previous challenges and mistakes
- Able to put things into perspective
- Have a well-developed sense of humour
- Have meaningful involvement with others and in their community
- Treat themselves and others with respect
- Have problem solving and conflict resolution skills
- Values free time, relaxing and spending time on hobbies