May 6, 2020

Sometimes in stressful times, we need to remember the three R’s – routine, relationships, and resilience. The COVID-19 pandemic has caused many stressors to impact us. During uncertain times, it becomes essential to help navigate children through difficulties and build resilience. Resilient children bounce back from stressful experiences and form a more positive attitude towards challenging situations.

Stay healthy! ~ From your SEL Team

Concord Elementary School

Resilience can be taught. Using coping strategies and positive thinking during challenging times shows children that they can bounce back from problems they are facing. We all have questions and it’s okay to talk about our worries, as long as we remember that we will get through this.

Cass Junior High School

Self-Care strategies:
- Start a Gratitude Journal – Write three things you are grateful for every day
- Create a work space that is separate from where you play and rest
- Connect with your friends by video or phone
- Listen to your favorite music
- Find time to do something you enjoy each day

6 ways to grow resilient children

1. Parent with positivity
2. Set clear expectations
3. Create a circle of support
4. Let them stumble
5. Volunteer as a family
6. Take care of yourself

Remember you are good enough
Everyone is different
Stop comparing yourself
Individuality rocks
Learn something new daily
Involve yourself in what you love doing
Enjoy things that make you happy
Not everyone can be 1st, 2nd or 3rd
Care about yourself and others
Expect that some days won’t be great

Don’t forget about yourself. Caregivers need comfort at this time too.
Check out this link for strategies to stay resilient.

CALL4CALM
Free Emotional Support Text Line
To speak with a mental health professional, text “TALK” or “HABLAR” (for Spanish) to 552020

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