

10 TIPS FOR BUILDING RESILIENCE IN OUR STUDENTS



By mastering this skill, they can build academics, make friends, navigate family issues & so much more.

Model Resilience Yourself

Kids internalize what we *do* more than what we *say*. Show our responses to adversity & persistence when things are difficult.

Uncover “WHY”

Ask open-ended questions to understand what’s behind a student’s resistance or lack of motivation so we can adjust our approach accordingly.

Normalize Mistakes

Failure is not only normal, but necessary for learning. Accept their mistakes & react appropriately when they happen.

Encourage Interaction

To build social skills create interactive lessons & ask students to help one another when feeling “stuck.”

Offer Choices

Alternative ways to accomplish a task can give students a sense of control when struggling.

Check In

Create opportunities up to evaluate student progress. Where do they need a little more help or encouragement?

Break It Down

When overwhelmed, break down the task into manageable steps. What small step can the student take toward their goal?

Acknowledge Effort

Notice & acknowledge effort to build confidence. Save the celebration for after achieving their goal.

Individualize

Some will need more help building resilience than others. Let’s take the time to get to know our kiddos & adjust our expectations as needed.

Support Parents

At home, creating a healthy balance of sleep, nutrition, movement, communication & positive attitude can be the foundation students need to succeed.