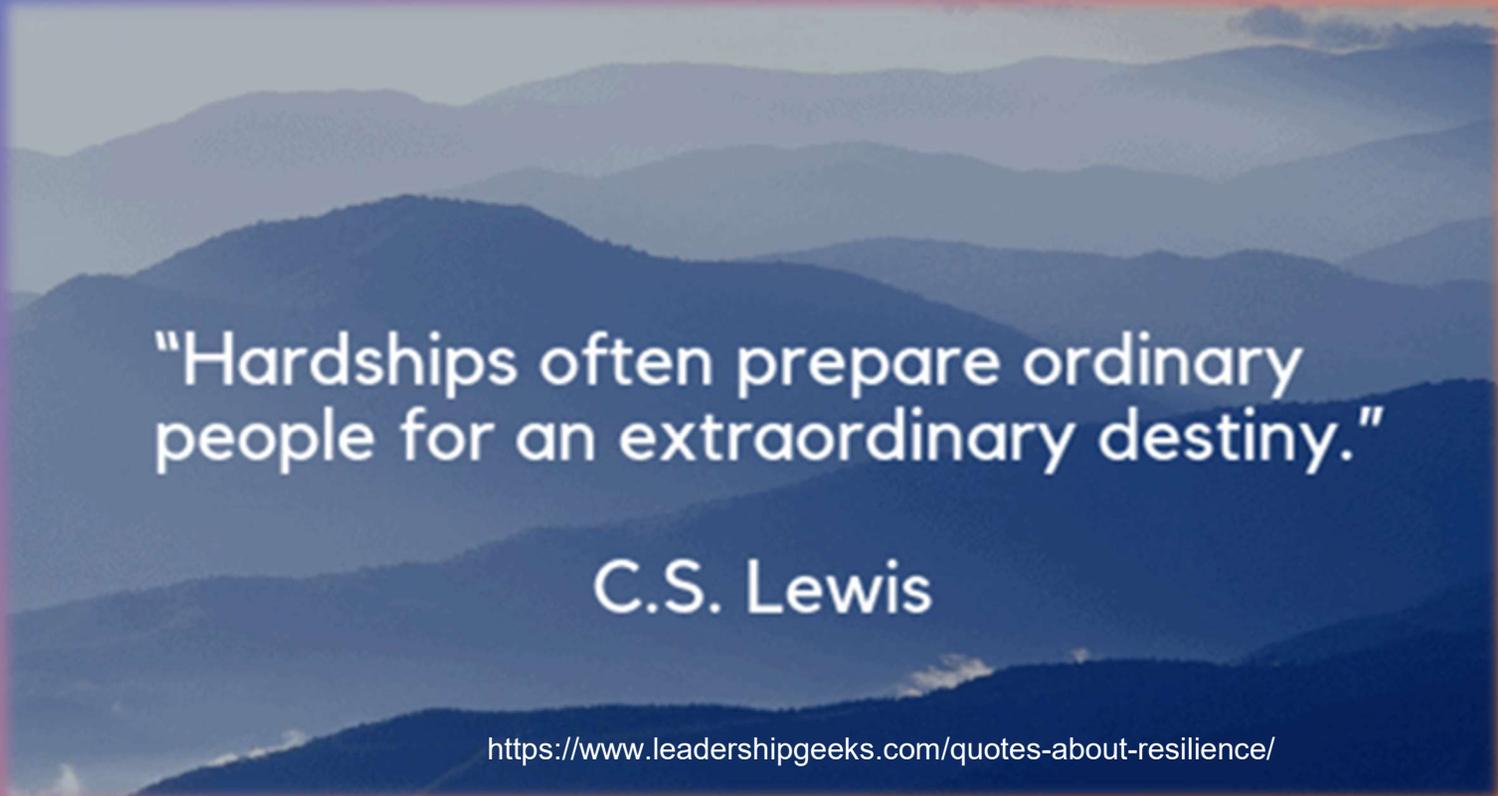


Fostering Resilient Students

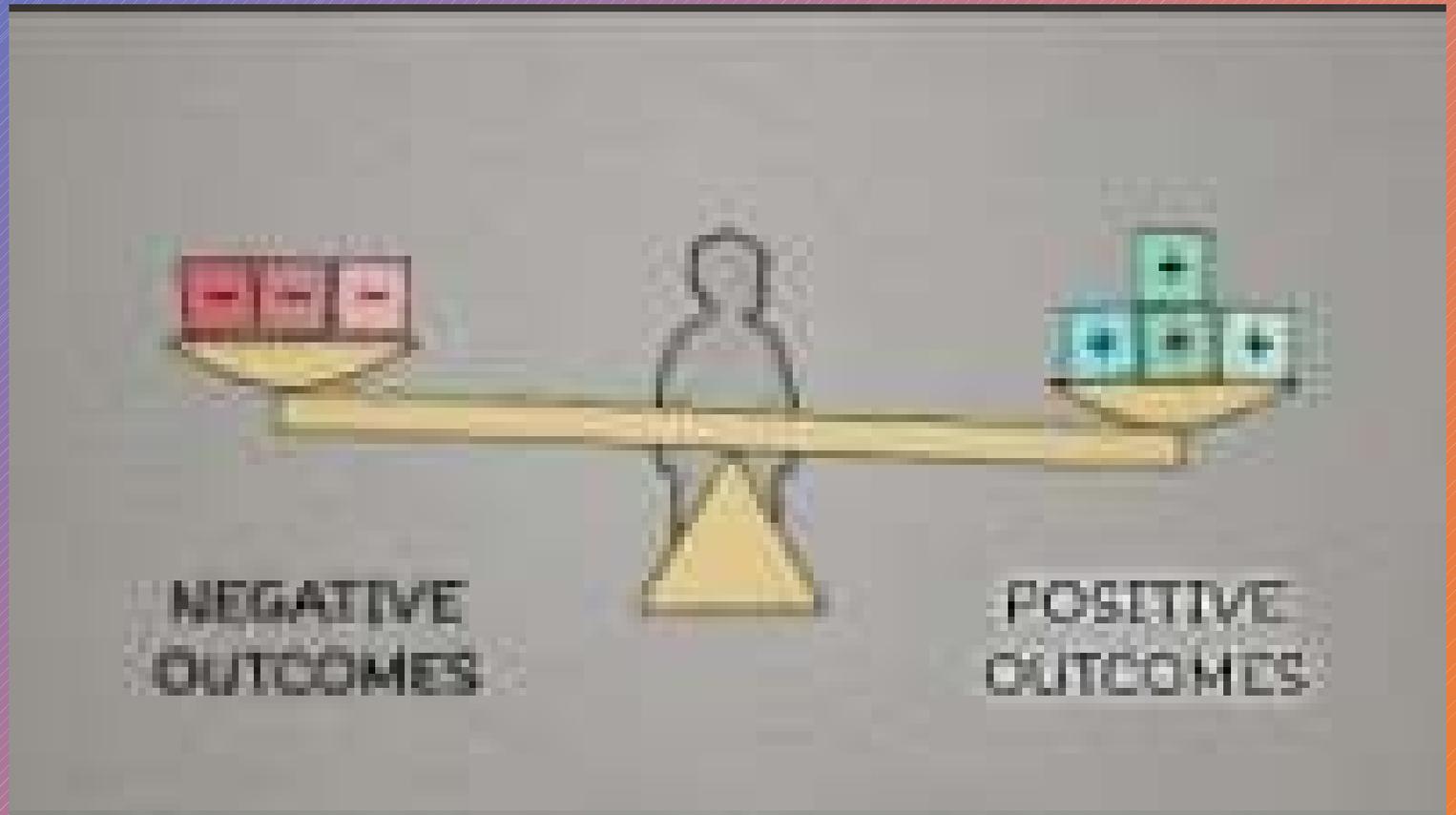
A photograph of a mountain range with a quote overlaid. The mountains are layered, creating a sense of depth. The sky is a pale, hazy blue. The quote is in white text, centered over the middle of the image.

"Hardships often prepare ordinary
people for an extraordinary destiny."

C.S. Lewis

<https://www.leadershipgeeks.com/quotes-about-resilience/>

The Science of Resilience



Resilience is
built over
time

We grow strong through
experiencing difficulty and
hardship

Embracing the difficulty
and reframing it as a
learning experience

Benefits of Developing Resiliency



Develops flexibility of thinking - to be able to change thinking styles to find the best style for the situation



The ability to bounce back from a difficult situation without suffering damage

+



Having a sense of vision, purpose, and values that act as a guiding light, enables us to keep going forward



Good at giving and receiving feedback

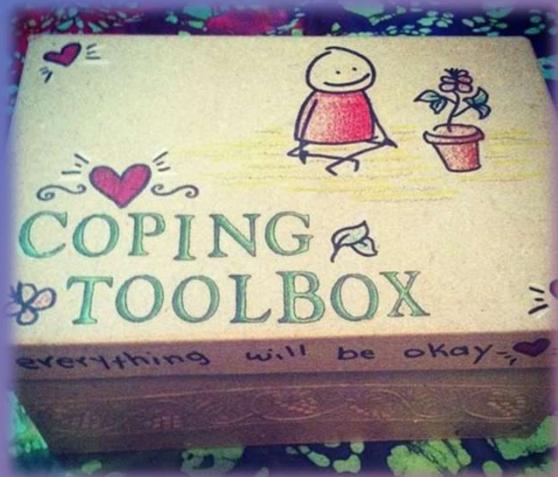


Inner strength to push through difficult times

What children need:

A wide range of tools to deal with many different types of challenges

Each experience or struggle is an opportunity to develop the tools to persevere when faced with setbacks or disappointments



Keys to building resilience



Relationship development is KEY

+

The benefits
of developing
relationships

Learn skills of:

- Coping and adapting
- How to regulate behavior
- Being able to defer gratification

These skills allow us to:

- Access our adaptive toolkit to use skills for getting through situations (such as self-control, focus, plan ahead)
- Strengthen skills with use

Resist the urge to fix



<https://www.amenclinics.com/blog/10-signs-of-mental-health-problems-in-kids-you-might-miss/>

- Promote independent problem-solving ~~ Kids need to experience discomfort. This will help them learn to work through it and develop problem-solving skills. Without it, kids may experience anxiety and shut down in the face of adversity.
- Avoid lecturing or explaining ~~ A better strategy is to ask questions. This promotes thinking through problems and coming up with solutions.
- Embrace Mistakes ~~ Failure avoiders lack resilience and tend to be highly anxious. Focusing on the end results causes the pass/fail cycle. This can cause risk avoidance.

Embracing mistakes helps promote a growth mindset. Children see that mistakes help them learn.

Opportunities For Developing Resilience

Prepare your child for the path,
not the path for your child.

DrLaura.com

Opportunities for building Resilience

- - Friendship problems, mean or rude comments, bullying
 - Discipline situations
 - A low score on a test
 - Perception of something not being fair
 - Making mistakes
 - Unexpected changes to routine or unexpected situations
 - Losing or breaking something that was special

Create schools and classrooms that promote:



- Build Connectiveness
 - Establish a sense of security
 - Emphasize personal value
 - Focus on competency
 - Incorporate resiliency skill~building into the school curriculum (strong SEL)
 - Move from a deficit~focus to a strengths~based focus

Resilience on the screen

TOP 20 MOVIES ABOUT RESILIENCE

- 1 Akeelah and the Bee (PG)
- 2 Moana (PG)
- 3 Trolls (PG)
- 4 Brave (PG)
- 5 Penguin Bloom (TV-14)
- 6 Wonder (PG)
- 7 Stick Man (NR)
- 8 Piper (G)
- 9 March of the Penguins (G)
- 10 Maiden (PG)
- 11 Coco (PG)
- 12 Star Wars: Episode VIII-The Last Jedi (PG-13)
- 13 Harry Potter and the Sorcerer's Stone (PG)
- 14 Ruby Bridges (PG)
- 15 Charlotte's Web (G)
- 16 My Octopus Teacher (G)
- 17 Pursuit of Happyness (PG-13)
- 18 Kiki's Delivery Service (G)
- 19 Kubo and the Two Strings (PG)
- 20 Up (PG)



Thank you.

•
○
Cindy Foster
Principal
Mill Creek Elementary
425-385-6800

+ ○
• ○
Mary Donnelly
School Counselor
Mill Creek Elementary
425-385-6810