

Resilience Parent Workshop: Building Resilience in Children

Welcome to the Resilience Parent Workshop. Today, we'll explore the fascinating topic of resilience in children and provide strategies to help them develop resilience.



Unlocking the power of resilience: When and why do we need it?



Resilience is like a muscle

It needs regular use to become stronger.

Building on our experiences and learning from them.

Resilience is required throughout our entire lives

We need it to overcome difficult situations at any age.

When do we test our resilience?

All the time - from our first steps, failing a test, managing friendship fallouts, coping with loss, resilience is required in all parts of our lives.

Resilience

4-11 year olds

 SafeShare

Raising a resilient child | Place2Be's Par... - SafeShare

Read the full advice here:

<https://parentingsmart.place2be.org.uk/article/raising-a-resilient-...>

If resilience is termed as the ability to bounce back - Grit is described as stick ability.

Grit recognises that you require more than intelligence and talent to be successful.

Grit is a combination of perseverance and passion.

Angela Duckworth said in her book Grit..

'Without grit talent maybe nothing more than unmet potential. It is only with effort that talent becomes a skill that leads to success.'

The Power of Mindset: Fixed vs. Growth - Let's explore!

1 Fixed Mindset

Discover the dangers of a fixed mindset and how it hinders children's ability to bounce back from setbacks and challenges.

2 Growth Mindset

Learn how cultivating a growth mindset empowers children to embrace challenges, learn from failures, and develop resilience.

<u>Fixed Mindset</u>		<u>Growth Mindset</u>
<ul style="list-style-type: none"> • Something you were born with • Fixed 	SKILLS	<ul style="list-style-type: none"> • Come from hard work • Can always improve
<ul style="list-style-type: none"> • Something to avoid • Could reveal a lack of skill • Tend to give up easily 	CHALLENGES	<ul style="list-style-type: none"> • Should be embraced • An opportunity to grow • More persistent
<ul style="list-style-type: none"> • Unnecessary • Something you do when you are not good 	EFFORT	<ul style="list-style-type: none"> • Essential • A path to mastery
<ul style="list-style-type: none"> • Get Defensive • Take it personally 	FEEDBACK	<ul style="list-style-type: none"> • Useful • Something to learn from • Identify areas to improve
<ul style="list-style-type: none"> • Blame others • Get Disconnected 	SETBACKS	<ul style="list-style-type: none"> • Use as a wake-up call to work harder next time.

Building a Growth Mindset in Children

Encouragement & Praise

Explore how offering genuine praise and encouragement can nurture a growth mindset and foster resilience in children.

Problem-Solving Skills

Discover practical strategies to teach children problem-solving skills, equipping them with the tools to overcome obstacles and develop resilience. Lego, puzzles, challenges, spontaneity.

1 Help

Help children understand that resilience is like a muscle and they need to spend time exercising it, helping by not helping at times.

2 Avoid

Avoid telling your child that he/she is 'smart'

3 Praise

Praise the process based on hard work, effort and problem solving. 'I see how hard you worked'. 'You really put lots of effort into that'. Look how much you achieved by yourself'.

4 Encourage

Encourage a healthy attitude to failure and challenge

5 Use the word 'yet' give your child the opportunity to know that they are not there yet!



SafeShare



Adam Grant's Advice for Raising Resilient ... - SafeShare

Wharton School professor and author Adam Grant argues that kids are too often sheltered from struggle. In this short ...

Encouraging our children to foster a growth mindset



Nelson Mandela said.. 'Don't judge me by my success, judge me by how many times I fell down and got back up.'

Inspiring Figures of Grit



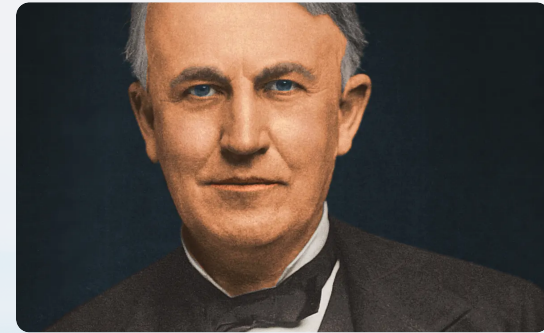
Dyson

Explore how James Dyson's persistence and resilience led him to revolutionise the vacuum cleaner industry.



Michael Jordan

Delve into the story of basketball legend Michael Jordan and his relentless pursuit of greatness, a testimony to resilience.



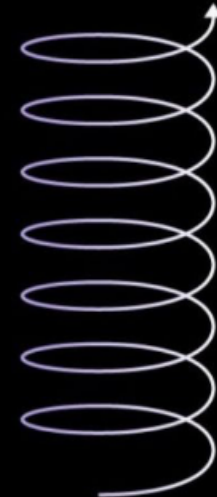
Thomas Edison

Discover the inspiring journey of Thomas Edison and how he persevered through countless failures to invent the modern light bulb.

Our pathways of learning are rarely the same.



This is progress



This is also progress



So is this

Conclusion: Empowering Parents to Foster Resilience

Recap Key Points

Growth Mindset builds resilience.

Taking risks allows a child to build upon their experience of failure

Stick ability/grit

Authoritarian parent style - rules and boundaries are applied consistently alongside high levels of emotional support

Applying Strategies at Home

Praise effort, encourage problem solving, give them time on their own to persevere.

<https://safeshare.tv/x/ss6569da2fe1e3d#>

Any questions...



Resources

Books for adults

Angela Duckworth - Grit

How Children Succeed - Paul Tough

Carol Dweck - Mindset - The New Psychology of Success

The Power of Showing up - Daniel Siegel/Tina Payne Bryson

Books for children

The Most Fantastic Thing - Ashley Spires

The Dot - Peter Reynolds

Your Fantastic Elastic Brain - Joan Deak Ph.D

Giraffes Can't Dance

The Boy Who Harnessed The Wind - William Kamkwamba

Films

The Mighty Ducks

Stick Man

Wonder

The Pursuit of Happiness

Shawshank Redemption

Rocky

BBC Bitesize has great resources alongside apps that can help with relaxation and reflection. The following link included several NHS approved apps. <https://www.camhs-resources.co.uk/apps-1>

Please also visit the school website - click on beyond the classroom and then the Health and Wellbeing page.