

Children and Resiliency

From "*Raising Our Children to Be Resilient: A Guide to Helping Children Cope with Trauma in Today's World*" by Linda Goldman (2004).

Signs of a Resilient Child

- * The ability to bounce back
- * The capacity to have courage
- * The motivation to move forward
- * The power to stay centered
- * The awareness of knowing themselves
- * The gift of laughter
- * The potential of showing promise
- * The capacity to ask for help
- * The tenacity to accomplish goals
- * The willingness to share feelings
- * The capability to connect with others
- * The inspiration to give back

Activities to Promote Resiliency in Children

Define resiliency

Talk to children about strength, leadership, courage, and stamina.

Define resilience as the ability to keep going during very hard times.

Then ask them to make their own definition and explain why.

Create a Dialogue

Young children can read a resource such as "The Little Engine That Could" or "Courage" and have children draw or write what that story means to them. Use a quote such as "Courage is the power of the mind to

overcome fear." Martin Luther King enables middle and high school students to respond as to what that means to them.

Share a role model

Young children through teens can choose a family member or famous celebrity that represents a special quality of resilience to them. They can share a picture with others and explain what that quality is. We can then help them identify that quality in themselves by asking them to: Tell me about a time when you displayed that quality in your life.