

*We will begin
momentarily...*

Take a deep breath,
get present in the
moment and ask
yourself,
"What is important
this very second."

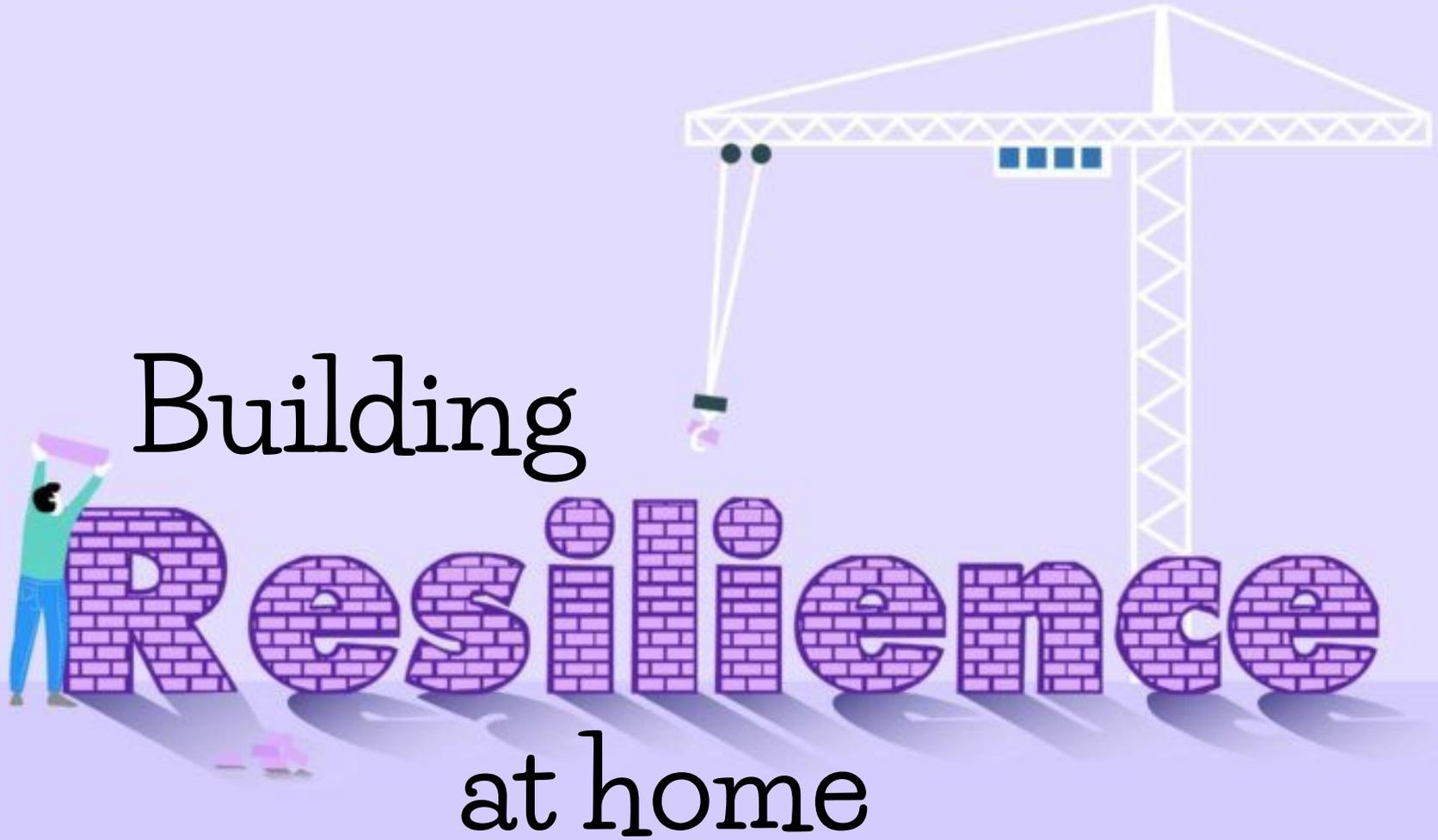
#livewithmeaning

Rainbow Moments

Rainbow moments are those little moments during the day when things go well for us.

Rainbow moments give us a chance to train our minds to notice all of the positive parts of each day.

*Join us by using a new browser to visit www.menti.com and share your moment
Enter code: 2900 5508*



Building

Resilience

at home

with Ms. Mulry & Mrs. Shulman, Elementary School Counselors

Resilience

*What it looks like in your child
and how to teach it at home*



Understanding Resilience in Your Child

What it is:

- Moving forward from a setback
- Setting new goals
- Asking for help
- Positive self-talk

What it isn't:

- Having a strong, upbeat attitude no matter what (Toxic Optimism)
- Improved grades
- Triumphant in their goals



How Do We Build Resilience?

decision
making

problem solving

emotional regulation



Tips & Tricks to Use at Home

Teach and practice positive self-talk



Learn and grow from failures together



Encourage kids to solve problems on their own

Practice coping strategies when calm



Check-in with emotions on a regular basis



TALK TO
YOURSELF
LIKE YOU
WOULD TO
SOMEONE
YOU LOVE.

BRENÉ BROWN

HOW TO SOLVE A PROBLEM



ASK:

Is there a problem? What is the problem? How big is the problem?



BRAINSTORM:

Come up with solutions and ideas to solve the problem



CHOOSE:

Pick a solution that you think best solves the problem



DO:

Use the solution to try to solve the problem



EVALUATE:

Check your results: did it work?
If not, what can you try next?

5 Steps for a Daily Emotions Check-In



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P

Pause and breathe for a moment.



A

Ask yourself how you feel.



S

Say the emotion words out loud or write them on paper.



T

Think about your feelings. Sit with them and let them be.



A

Ask yourself what you need. Say or list what could help you move forward.



If we want kids and teens to be able to apply coping strategies when they are overwhelmed, we need to teach and practice them when they are calm.



**I'LL HAVE YOU KNOW THAT
I FINISHED MY HOMEWORK**



**AND I ONLY CRIED
37 TIMES**

Homework

*How routines, structure &
executive functioning skills come
into play*





Helpful Homework Tips

1. Set up a homework friendly area.
2. Help them make a plan (and give some choice in the matter).
3. Keep distractions to a minimum.
4. Make sure kids do work on their own.
5. Set a good example.
6. Praise their work and efforts.
7. If there are continuing homework problems, get help.

Portable Homework Stations



Take Your Time!



Visual Timers



Visual Timer Apps



Sand Timers

**Initiating
Tasks**



**Problem-
Solving**



**Evaluating
Priorities**



Organization



Goal Setting



EXECUTIVE FUNCTIONING SKILLS ARE LIFE SKILLS.

**Flexible
Thinking**



**Meeting
Deadlines**



**Working
Memory**



Self-Control



**Time
Management**



Perseverance



Planning



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Stress Management

- Deep Breathing
- Stop - Think - Act
- Gratitude
- Laughter
- Challenge Negative Thoughts
- Physical Activity



Stressor



LOSE IT!

Adding mindfulness to the equation can help create a more positive outcome.

Stressor + **Mindfulness**



**Optimistic outcome
or response**

Using Literature to Build Resilience & Establish Study Skills

PERSEVERANCE & RESILIENCE

- Salt in His Shoes by Deloris Jordan
- Brave Irene by William Steig
- Apples to Oregon by Deborah Hopkinson
- Unstoppable Me! By Dr. Wayne W. Dyer
- Wilma Unlimited by Kathleen Krull
- The Most Magnificent Thing by Ashley Spires

STUDY HABITS

- Farmer Duck by Martin Waddell (lower)
- Planning Isn't My Priority by Julia Cook (upper)
- The PROcrastinator by Julia Cook
- Don't Forget the Bacon by Pat Hutchins
- See You Later, Procrastinator! By Pamela Espeland and Elizabeth Verdick

Homework Routine/Executive Functioning Articles

<https://childmind.org/article/helping-kids-who-struggle-with-executive-functions/>

<https://www.additudemag.com/homework-routines/>

<https://www.scholastic.com/parents/family-life/parent-child/teach-kids-to-manage-time.html>

<https://www.verywellfamily.com/making-a-homework-routine-2601532>

<https://www.teampasch.com/blog/homeworkroutine>