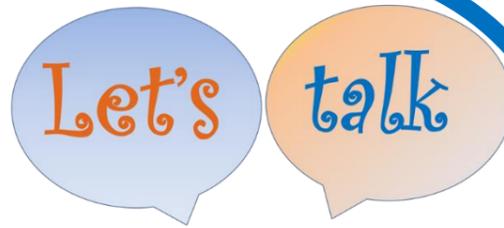


Supporting our children's mental health and well-being



This week is all about **'building resilience'**.

All children are capable of working through challenges and coping with stress. **Resilience** is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that a child either has or does not have; it's a skill that children develop as they grow. Here are two top tips to help your child develop these skills:

1. Encourage problem solving

Provide opportunities for your child to learn how to problem solve. Engage your child in figuring out how they can handle challenges. Give them the opportunity to work out what works and what doesn't without giving them the answers. The language that they use is also very important here. Ask "how?" questions rather than "why?" questions as 'how' is an action, process-based, and problem solving question. If your child throws their toy train when they're frustrated and it breaks, rather than ask **why**, ask **how** they could have responded differently, or how can they help to fix the train. Your child now becomes part of the solution and not the problem.

A great story book that highlights this skill is **'Most Magnificent Thing'** by Ashley Spires.

2. Mistakes are learning opportunities

Mistakes are learning opportunities and only turn into failure when we choose not to learn from them and by continuing making the same mistake. Model to your child that adults don't always make the right choices either. What matters is recognising what happened, making it better, or looking at alternative choices for next time. Having some natural consequences for choices is a great way to practice resilience because it is all about bouncing back and moving forward.

A great story book that highlights this skill is called **'Beautiful Oops'** by Barney Saltzberg.



Fun time: the below films are good examples of resilience and once watched are great ways to get you talking with your children about the above skills. All are on Netflix!

KS1: 'Jimmy Neutron Boy Genius', 'Mulan', 'Turbo' and 'The Emperor's New Groove'.

KS2: 'Mr Peabody and Sherman', 'Princess Diaries 2' and 'ANTZ'

If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's mental health and well-being, please contact her through wellbeing@emmanuel.camden.sch.uk.