

Dear Families/Caregivers,

Resilience is the ability to manage and recover from daily setbacks and adversity. It is the inner resolve that although a situation may be out of the person's control, he or she can control his or her perception and response.

We learned some strategies for completing nonpreferred activities. Some strategies include:

- Do it first.
- Set a timer.
- Make it fun.
- Reward yourself.

Here are some things you can do to help your child be more resilient:

- Don't shelter your child from everyday frustrations. Give him or her an opportunity to persevere in order to develop resiliency.
- Provide a model for your child, showing how you complete nonpreferred activities with a positive mindset.
- Encourage your child to take safe risks. Trying new things helps to build resiliency.
- When your child is assigned chores or tasks that he or she does not want to do, help your child to think of ways he or she can get it done.

Sincerely,

Your Child's Teacher