

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 to identify challenges in everyday life and strategies to overcome the challenges. Some strategies include:

*Think, Tomorrow will be better!*

*Think, I can do this!*

*Think, I can learn something new!*

*Think, Problems are a part of life.*

*Think, I can choose to be happy.*

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 overcome daily frustrations.
- Encourage your child to take safe risks. Trying new things helps to build resiliency.
- Remind your child that it's okay to ask for help.

Sincerely,

Your Child's Teacher