

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 strategies for managing emotions to build resilience. Some strategies include:

Accept Your Feelings.  
Calm Your Brain.  
Use Positive Self-Talk.  
Focus on the Good.

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 by talking to your child about your emotions and how you manage them.
- Encourage your child to take safe risks. Trying new things helps to build resiliency.
- When your child expresses negative feelings or experiences a setback, talk with your child about strategies to bounce back from negative feelings.

Sincerely,

Your Child's Teacher