

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 characteristics of resilient people. People who are resilient:

- Think positively.
- Know how to calm themselves.
- Are more optimistic.
- Enjoy friends and family.
- Accept their mistakes.
- Move more.
- Smile more often.

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 demonstrating the characteristics of resiliency and helping your child to notice resiliency in others.
- 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