

HOW RESILIENT IS YOUR CHILD?

Answer these 8 questions to find out!



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Resilience isn't something that you have or don't have, it's a skill that we all need to strengthen and practice over a lifetime. But, have you ever wondered what makes YOUR child resilient? Are there areas your child needs to grow in? Answer the questions below and use the scale (1-5) to help evaluate your child's areas of strength & areas for growth.



1 HOW OFTEN DOES YOUR CHILD NOTICE UNCOMFORTABLE FEELINGS?

Is your child able to name what s/he is feeling? You can help your child to pay attention to what s/he is experiencing and validate it by giving it a name. This helps build a solid foundation of emotional awareness and resilience.

2 DOES YOUR CHILD KNOW A VARIETY OF WAYS TO CALM DOWN?

How well does your child calm his/her body after feeling upset or stressed? Kids need to be taught how to manage uncomfortable feelings, such as sadness, fear, or anger. Relaxation exercises are especially helpful for this.

3 DOES YOUR CHILD HAVE HEALTHY RELATIONSHIPS & FRIENDSHIPS?

The most resilient kids have at least one good, connected relationship in their life. This person (probably you) loves your child unconditionally and is a source of support during challenges or stress.

4 IS EXPRESSING GRATITUDE A HABIT YOUR CHILD HAS DEVELOPED?

Does your child notice the positive and lovely things in his/her life? Developing an attitude of gratitude and optimism has health benefits for both the mind and body, and leads to a more satisfying life.

5 HOW OFTEN CAN YOUR CHILD REFRAME NEGATIVE EVENTS?

How often does your child view challenging experiences in a more positive way, or find the silver lining? Doing so will change how your child responds to these events, and reflects a growth mindset and a willingness to learn from mistakes or adversity.

6 DOES YOUR CHILD MOSTLY USE ASSERTIVE COMMUNICATION?

Is your child able to express his/her ideas and feelings in a direct, honest, and respectful way? Using this style of assertive communication supports the development of healthy, happy, and connected relationships.

7 CAN YOUR CHILD SOLVE PROBLEMS AND FIND GOOD SOLUTIONS?

Does your child have flexible thinking and problem-solving skills? Finding good solutions when challenges arise is central to overcoming problems, dealing with conflict, and bouncing back from disappointment.

8 DOES YOUR CHILD TRY NEW THINGS ONCE IN A WHILE?

Will your child try new things outside of his/her comfort zone? Kids are wired to explore their world, and we can encourage that sense of adventure & bravery to help build self-confidence and a greater sense of control.

HOW RESILIENT IS YOUR CHILD?

USE THIS SPACE TO WRITE DOWN YOUR OBSERVATIONS.

1

2

3

4

5

6

7

8

HOW RESILIENT IS YOUR CHILD?

GET THE RESULTS BY ADDING UP THE TOTAL SCORE:

SCORE OF 32 - 40

Strong & Capable

Wow! Your child sure knows how to act with confidence, optimism, and resilience! Keep up the good work by reinforcing those skills and practicing as a family. If there is any one area with a lower score and you want to talk about it, book a free call with me for additional tips and strategies.

SCORE OF 20 - 31

Sometimes Wobbly

It's totally normal to have a child fall into this range. At the same time, there are specific, science-based skills that we can teach our kids to set them up for success. Let's boost your child's confidence that she can handle whatever life throws her way. Book a free call with me to learn how to support your child today.

SCORE OF 8 - 19

Ready for Support

You love your child and want him/her to feel more confident in life. Somehow, this has been a hard road. There is hope and your child can learn how to become more resilient. I would love to help guide you in the right direction. Book a free call with me to discuss how to best support your child and his/her needs.

HOW RESILIENT IS YOUR CHILD?

DID YOUR CHILD SCORE LOWER IN ANY AREA? HERE ARE 8 SIMPLE TIPS TO HELP YOUR CHILD BUILD MORE RESILIENCE:

- TIP 1** To help your child notice a variety of feelings, take photos acting out different feelings & then give them each a name.
- TIP 2** Need a quick calming trick? Ask your child to pretend she's squeezing lemons for lemonade to release some tension.
- TIP 3** Use one-on-one time with your child wisely, even if it's only 5 minutes. Do more listening than talking, & show interest.
- TIP 4** Start a gratitude board at home where everyone will see it. Take turns writing what you are grateful for & leave it up.
- TIP 5** Play High, Low, Buffalo: Take turns sharing the highlight of your day, the low point, & one more thing from your day.
- TIP 6** Try the improv game: One Word at a Time. Everyone takes turns adding one word over and over to create a silly story.
- TIP 7** Make an escape room style obstacle course using supplies from around the house. Kids have a blast figuring this out!
- TIP 8** Try cooking a new recipe together. Allow your child to take the lead and do most of the work, even safely using a knife.