



HELLO PARENTS,

Resilience is the ability to handle difficult situations, recover from them, and learn from the process in order to become stronger for the next challenge. You can help your child learn resilience by preparing them for challenges, reflecting on how they handled them, and discussing solutions to problems. Children who are resilient are also more curious, more adaptable, and willing to try new things. In this newsletter, we provide activities that will help your child develop their resilience.

ACTIVITIES

INFANTS (3 -18 MONTHS)

FLOATING CATCH

MATERIALS:

- Variety of lightweight scarves of different colours and textures

DIRECTIONS:

- Sit with your child on the floor.
- Throw a scarf into the air and catch it in your arms as it floats back down.
- Throw another scarf and tell your child to hold out their arms for the scarf to fall in there.
- Continue throwing and catching the scarves.
- You can also roll the scarf into a ball and toss it to each other.
- Interacting with your child and playing back-and-forth games helps to form a strong bond between the two of you.

[Click here](#) to listen to "Emotions Song".

TODDLERS (19 MONTHS – 2.5 YEARS)

LITTLE BEAR GOES UP AND DOWN

DIRECTIONS:

- Practice this technique when your child feels frustrated or angry.
- Sit together and tell your child that you will play a finger game. You can use the chant below or create your own.
- Hold your child's hand, palm up, and gently move your finger up and down each of their fingers and around their hand while chanting:
 - One little bear goes up, one little bear goes down.
 - Two little bears go up, two little bears go down, etc.
- Continue the chant, adding one more bear each time you move to the next finger until you reach five bears.
- Open the palm of your hand and encourage your child to move their finger around your hand, too.
- This relaxing activity will help your child refocus and calm down when they are dealing with strong emotions.

[Click here](#) to listen to "When Sophie Gets Angry – Really, Really Angry" by Molly Bang.

PRESCHOOLERS (2.5 – 5 YEARS)

ASK FOR HELP

MATERIALS:

- Box (tissue box, cereal box, cookie box etc.)
- Wrapping paper
- Tape
- Scissors

DIRECTIONS:

- Give your child a box and some wrapping paper.
- Ask your child to wrap the box just like wrapping a present.
- Observe if your child can figure out on their own how to fold the paper, and cut or tape it together.
- If your child struggles, wait before you offer help and let your child work through this challenge.
- If your child becomes frustrated, provide them with some guidance and encourage them to come up with different solutions. For example, you can say: "I wonder if you could fold it this way first?", or: "Did you try using a piece of tape to hold the paper in place?"
- If your child cannot wrap the box and does not ask you for help, remind them that you are here to help.

- Help your child finish wrapping the box if necessary.
- Encourage your child to try completing home or school tasks on their own but ask for help if they need it.

[Click here](#) to listen to "Whistle for Willie" by Ezra Jack Keats.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

ACTIVITY ENVELOPES

MATERIALS:

- Envelopes
- Paper
- Markers or pencils
- Basket

DIRECTIONS:

- Ask your child to share some activities that they enjoy doing.
- Have your child write or draw these activities on separate pieces of paper. Some examples include: going to the park, playing with the dog, a movie with the family, etc.
- Place each activity paper in a separate envelope and store them in a basket.
- When your child has a hard day and needs some cheering up, they can draw an envelope from the basket and do the activity that they picked.
- Make sure these activities are relatively easy to do without any elaborate materials.

[Click here](#) to listen to "A Visitor for Bear" by Bonny Becker.

SCHOOL-AGERS (6 – 12 YEARS)

DEVELOP A PERSONAL RESILIENCE JOURNAL

MATERIALS:

- Notepad
- Markers
- Pencils

DIRECTIONS:

- Think about the time when you did something really hard for the first time. For example: trying again after failing at something; overcoming a fear of something that you were scared of, etc.
- Use words, photos or drawings in your notepad for each event.
- Keep adding to your journal every time you do something that was not easy and required some effort but you managed to overcome the difficulties and accomplished the task.
- This journal will help you to remember the experiences that have shaped your personality and strengthened your self-confidence.

[Click here](#) for fun activities that help build resilience.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Give your child opportunities to think and act independently, and make their own decisions.
- Encourage a regular mindfulness practice to learn how to calm down and think clearly.
- Maintain supportive and reliable relationships with your child.
- Let your child know that it is okay to ask for help.
- Encourage your child to find solutions before offering your advice.
- Be a role model and talk to your child about challenging situations you have encountered and the solutions you used.
- Encourage your child to maintain a positive attitude about chores or homework by finding fun in their work.