

# BUILDING CHILDREN'S SELF CONFIDENCE AND RESILIENCE

The infographic consists of two rows of five icons each, each with a corresponding text box below it. The icons are stylized human figures in various colors (red, green, blue, yellow, purple, orange) and are set against a white background. The text boxes are colored to match the icons.

- KEEP CONNECTED:** An icon of a red figure with two green figures, all holding hands.
- RESPECT YOURSELF:** A yellow figure with a purple circle on its chest containing the text "I'M OK".
- CHALLENGE YOUR MINDSET:** A blue figure with a lightbulb above its head.
- TAKE A MOMENT:** A red figure sitting on the ground with musical notes floating around it.
- TALK THINGS OVER:** A purple figure and a yellow figure talking, with speech bubbles.
- GET ACTIVE:** An orange figure riding a blue bicycle.
- MAKE A DIFFERENCE:** A green figure and a red figure holding a globe.
- LOOK ON THE BRIGHT SIDE:** A yellow figure holding up a sun.
- BE KIND TO OTHERS:** A blue figure and a smaller orange figure, with the orange figure holding a green watering can.
- HAVE A GOAL:** A red figure reaching up towards a cluster of yellow stars.

# WHAT IS RESILIENCE?

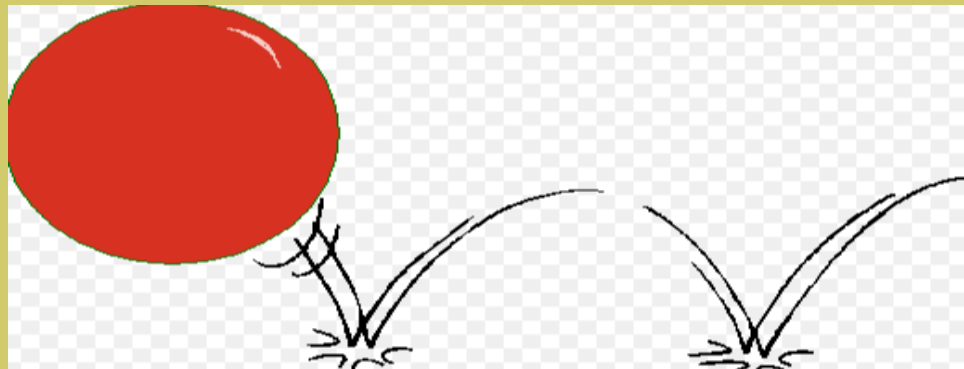
Resilience is being able to **'bounce back'** from a problem.

It means being able to keep going in face of challenges and failure.

Resilience means 'tough' or 'strong'.

Resilience is linked to confidence. Someone who is confident might be resilient. Someone who is resilient will be confident.

Bouncing back means that you can recover from a problem. It means you still feel strong.



# HELPING CHILDREN TO HAVE MORE RESILIENCE



Keeping all problems away from children is not always a good thing. Children need to face some problems and learn how to overcome them as it will help them now and in later life.

## Know about feelings



For any child it is useful to be able to talk about their feelings. This helps children:

- ▶ To learn the name of what they are feeling, for example depression or anxiety.



- ▶ To know they can change bad moods into good moods.

- ▶ To notice other people's feelings and understand how other people might feel too.

# RELATIONSHIPS

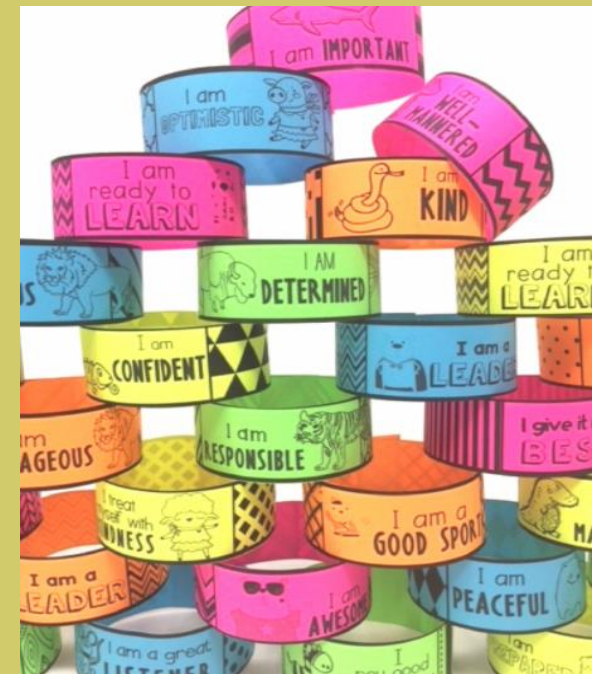
Healthy relationships are important because they make you feel happier, more confident and resilient.

But it isn't always easy to get on well with others. We have to learn and practise being patient and how to get on with people.

It is important to think about how the other person's rights and how they feel. They need to think about your feelings too.

Children learn by watching what their parents do too.

As a parent it is important to teach children and young people that they can learn to solve their own problems. Adults shouldn't always solve their problems for them.



# LOOKING AT THE GOOD SIDE



We can think of problems in a bad way or a good way. It is like saying a glass is either half full or half empty.



If there is a problem and we are positive about sorting it out - things will be easier.



But if we see a problem and we think about how hard it is - then it will be hard to sort out.



We can learn to look at things in a positive way.

# BAD THINGS DO HAPPEN

Instead of letting children blame themselves adults could help them to think about:-

- ▶ How much of the situation is down to them.
- ▶ How much is down to other people.
- ▶ How much is down to ill fortune.

Remember, try to praise children far more often than criticising them. Whether you praise or criticise, tell them why you are saying.



# SOME TIPS FOR DEALING WITH BAD THINGS

You could explain these ideas to children to help them when something bad happens:

- ▶ Counting to 10 before or praying a dua before you say or do anything. It helps to stop the bad feelings and gives you a bit of time to think before you do anything.
- ▶ Doing something different to take your mind off the bad thing.
  - ▶ Think things through before saying or doing anything.
- ▶ Look for other reasons for why the bad thing happened. It will help you understand it.



