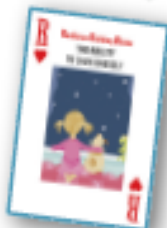




# HANGING ON TO HOPE BUILDING A RESILIENCE TOOLKIT

The unprecedented global COVID-19 crisis brings challenging new situations into our daily lives. While the coronavirus is new, practicing resilience strategies is not. Resilience is a capacity, not a characteristic, which means we can learn resilience when we see it modeled, taught, promoted and practiced. We can stay connected, healthy and hopeful while "restricted" at home. We acknowledge and validate the huge impact this is having on so many families and homes.



**"CLAIM MY CALM"** addresses two key strategies: the ability to calm oneself with deep breathing or other mindful practices, and modeling appropriate behavior to demonstrate self-regulation skills.



**"FIND MY SAFE ZONE"** refers to having routines and rituals in place which bring a sense of control into our lives. We all do better when we have clear expectations and rules in place, from structured bedtimes to play times to school/work times within a busy day. Giving a child choices helps create empowerment. That works for adults too: Give yourself the choice of empowerment, like stepping outside for a moment of grounding and self-care.



**"NAME MY FEELINGS"** includes expressing feelings and developing communication skills, both so important in feeling safe and connected.



**"BUILD CONNECTIONS"** can happen through family meetings, a great way to iron out disagreements peacefully, and creating a sense of belonging as we learn the importance of attachment and bonding to others.



**"KNOW MY STATE"** includes sensing triggers that create negative behaviors before we say or do something hurtful or harmful to others. It also means acknowledging when you are wrong after making a mistake, which creates the opportunity to teach and model asking for forgiveness.



**"SHARE MY SMILE"** is all about showing empathy and working as a team to develop trust, respect and commitment.



## Positive Experiences are Key!

We have identified four building blocks that you can use to promote positive experiences for your child to help them build resilience!



## The 4 Building Blocks of HOPE



Nurturing, supportive relationships are critical for children to develop into healthy, resilient adults.

- Play and connect with your child(ren) regularly! Be silly, move your bodies, read a book, The options are endless!
- Help your child make connections with other adults in your life – aunts, uncles, coaches, pastors. It takes a village, and the larger the village, the more opportunities your child has for connection and support.



Children thrive when they have safe, stable, equitable environments to live, learn, and play.

- Check your house for safety issues, like access to guns, medications, alcohol, and drugs. Create a plan to address any identified risks.
- Talk with your child(ren) about school. Do they feel safe there? Are they being treated well by their peers? If not, connect with their teacher and brainstorm solutions.
- Help your child find safe places to play outdoors.



Children need to feel that they matter. Help your child connect with opportunities for engagement!

- Sign your child up for after school activities that interest them.
- Consider volunteering in the community as a family.
- Get involved in your place of worship, if that feels supportive.
- Create tasks that your child can help with around the house.



Children grow socially and emotionally through play.

- Help children name their feelings as they arise, and talk about what that feeling feels like in the child's body.
- Normalize disagreements with friends, and model or role play about how to disagree respectfully and productively.
- Make sure children have plenty of unstructured time to play with peers.

Learn more at [positiveexperience.org](http://positiveexperience.org)