

Wellbeing Wednesday

13th November 2024

Emotional Resilience



Dear parents/ carers,

This is the time of year where everything can feel '*a lot*', especially for our children. The change in weather, the change in amount of day light we experience and the realisation that we still have 6 weeks till Christmas!

At school, we are focusing a lot on **emotional resilience**, linked with our learning about Zones of Regulation. The definition of emotional resilience is *your ability to respond to stressful or unexpected situations and crises*. For some of our children, this needs to be explicitly modelled, taught and coached.

Below are some tips on how you can support with this at home:

- * Acknowledge your own mistakes to teach your child that mistakes are ok and important for learning and growth
- * If your child can't solve a problem, give them time to think. Try not to jump in and solve it for them. Use gentle questioning to guide them.
- * When your child experiences failure or disappointment it's important to praise their *effort* and encourage them to try again.
- * Playing games with your child that has an element of frustration – Operation, Jenga etc. can be a really great way to coach them through challenging and frustrated feelings.
- * Talk about feelings so your child learns to share and feel comfortable expressing their worries and fears.
- * Where possible, as life can get so busy, schedule in some quality/ 1:1 time with your children. As when children feel loved and supported, they develop emotional strength.