

Building Resilience

The kidshelpline describe resilience as a tool to help you cope and get through hard times. Their webpage [Building Resilience](#) has some really great tips to help your children understand;

What is resilience?

What helps develop resilience?

What can I do when I'm facing a challenge?

How to build their own resilience

Developing their self-awareness

Coping with emotions

Looking after themselves

There is also an app that has been developed for niggling feelings that won't go away. **Niggle** allows children to capture their 'niggles' and provides strategies to do something with them.

If you would like any further support to help your child build their resilience feel free to contact me at any time.

Mel Lucas ~ Student Wellbeing Coordinator