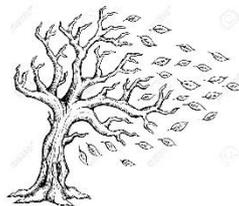


The Roots To My Resilience

Parent Information

Our Mindset underpins our levels of resilience. As individuals, these levels differ. Some adults/children have low levels of resilience, others a higher level. When we are faced with difficulties and times of toughness, our fixed mindset will trigger our attitude, actions and beliefs that reduce our ability to bounce back and therefore create a low level of resilience. On the other hand, if we invite ourselves to be more growth orientated, we see difficulties, setbacks and toughness as opportunities to develop ourselves and grow. We then problem solve, become flexible thinkers and collaborators, which increases our levels of focus, and we develop an intrinsic motivation to move forward, resulting in an increased *bounce back* ability.

As a parent and teacher, I often associated developing resilience with working harder, having to put in lots of effort and sticking at a task. In fact, these traits are more linked to being persistent, rather than resilient. In recent days, I have noticed lots on social media, as the daily landscape for many of us changes to role model resilience with our children and use the current Covid-19 situation positively to develop our children's resilience, but what can we do and what should we say?



We love this explanation and activity to engage children in thinking about their resilience. Explain to your child(ren) that each one of us are like a tree and the challenges we are facing are like the *wind*, which bends the tree.

Trees stand strong despite the wind because of their strong root system (support system), which to us could relate to *family, friends, teachers, pets, our mindset, positive thoughts, beliefs, values etc.*

Trees NEED wind to blow against them because this helps their root system to grow deeper, which supports the tree as it grows taller.

The tree accepts and embraces the strong wind because it helps it grow STRONGER!

So, similar to our current situation within our current climate – challenges will make us stronger too! The experiences we are currently living through, will develop our character, grow our mindset and deepen our roots (increase our levels of resilience). When we grow deep, we will stand tall and strong!



The Roots To My Resilience

Parent Information – What to do!

- Use the image of the tree to explain to your child what resilience means based on our previous explanation.
- Share times when you have displayed resilience (both low and high levels) to show that low levels don't make you a bad person, it doesn't define you, but you have a choice because you **can** change your mindset.
- There is a space below the tree, here encourage your child to reflect on their support system (family, friends, teachers, pets, our mindset, positive thoughts, beliefs, values etc.) For each thing they suggest they draw a root and label it with that area of support.
- They can colour the tree to show it as strong and healthy, embracing the wind.
- You also have some individual leaf templates, these can be printed and cut out. Have a selection of them in a container and each time you or your child (family) shows a strong level of resilience – in that they/you bounce back in times of difficulty, toughness and setback you write the situation down or they draw a picture and write a caption on a leaf.
- Place your leaves somewhere where they can be admired as a reminder of your resilience journey, maybe around a mirror, on a fridge or noticeboard.
- You can also use film and story to discuss the resilience of characters. We have some great examples on our website of read a-louds <https://www.growyourmindset.co.uk/growthmindsetstories> as well as book lists which help develop Resilience <https://www.growyourmindset.co.uk/free-resources>

The Roots To My Resilience



