

# Resilience in Young Children

ADA Compliant  
10/14/20

# What is resilience?

- The capacity to recover quickly from difficulties
- The ability of a substance or object to spring back into shape; Can be referred to as elasticity
- Synonyms: flexibility, pliability

# What is resilience?

## Definition:

A set of attributes that provides people with the strength and fortitude to confront the overwhelming obstacles they are bound to face in life.

Teachers were asked to describe resilient students. Here are some of their descriptors: social, optimistic, energetic, cooperative, inquisitive, attentive, helpful, punctual, and on task.

CASEL, ASCD Learn.Teach.Lead., EL Educational Leadership, Creating a Climate for Learning, Richard Sagor.



# Why do some children acquire resilience, and how do adults miss resilience skills in students?

- Certain experiences that foster optimism about their educational and personal futures. These key experiences are ones that:
  - Provide them with authentic evidence of academic success (Competence);
  - Show them that they are valued members of a community (Belonging);
  - Reinforce feelings that they have made a real contribution to their community (Usefulness); and
  - Make them feel empowered (Potency).

If the  
opposite  
occurs?

- Students who frequently have feelings of:
- failure,
- alienation,
- uselessness, and
- helplessness;
- that have been reinforced through their school experiences will be young people who are poorly equipped to cope with adversity.

# Lessons from Parkland: 6 big things we've learned about student safety, school security, and resilience since the tragic 2018 massacre

## **Survivors shared inspiring stories of resilience:**

- After the shooting, student survivors launched a national movement to bolster youth civic engagement and combat gun violence. From school walkouts to a national bus tour, the students rallied around a common cause.

# Lessons from Parkland (Cont.)

Drama students and their teacher, Melody Herzfeld, viewed art as a way to heal. The drama class was rehearsing for an upcoming children's musical when the shots rang out and took shelter in a nearby storage closet. [HBO documentary, \*Song of Parkland\*](#).

“They were so happy that there was hope,” Herzfeld said. “Not everything is gone. It was the one thing they had to focus on that could keep them in their happy moment and say, ‘I’m beneficial here. I’m good in this moment.’”



In looking at these children, can you tell if they have attributes of resilience? Why or why not?



# Children Can Learn Resilience

<https://youtu.be/nowAVQ89Edc>

---

# What are some characteristics of resilience?

## **Signs of a resilient child**

- Demonstrates a genuine interest in school
- Solves problems effectively
- Assertive and capable of showing initiative
- Empathetic toward others
- Responsible and trustworthy
- Sets and attains realistic goals
- Maintains a sense of purpose and a positive outlook on life
- Can act independently (autonomous)

## **Some Possible Signs of Trouble**

- Slipping school performance
- Sleep problems
- Renewed separation anxiety
- Irritability, outbursts, or tantrums
- Hopelessness
- Change in each habits
- Anger
- Isolation/withdrawal
- Loss of friends

# Resilience guide for parents and teachers

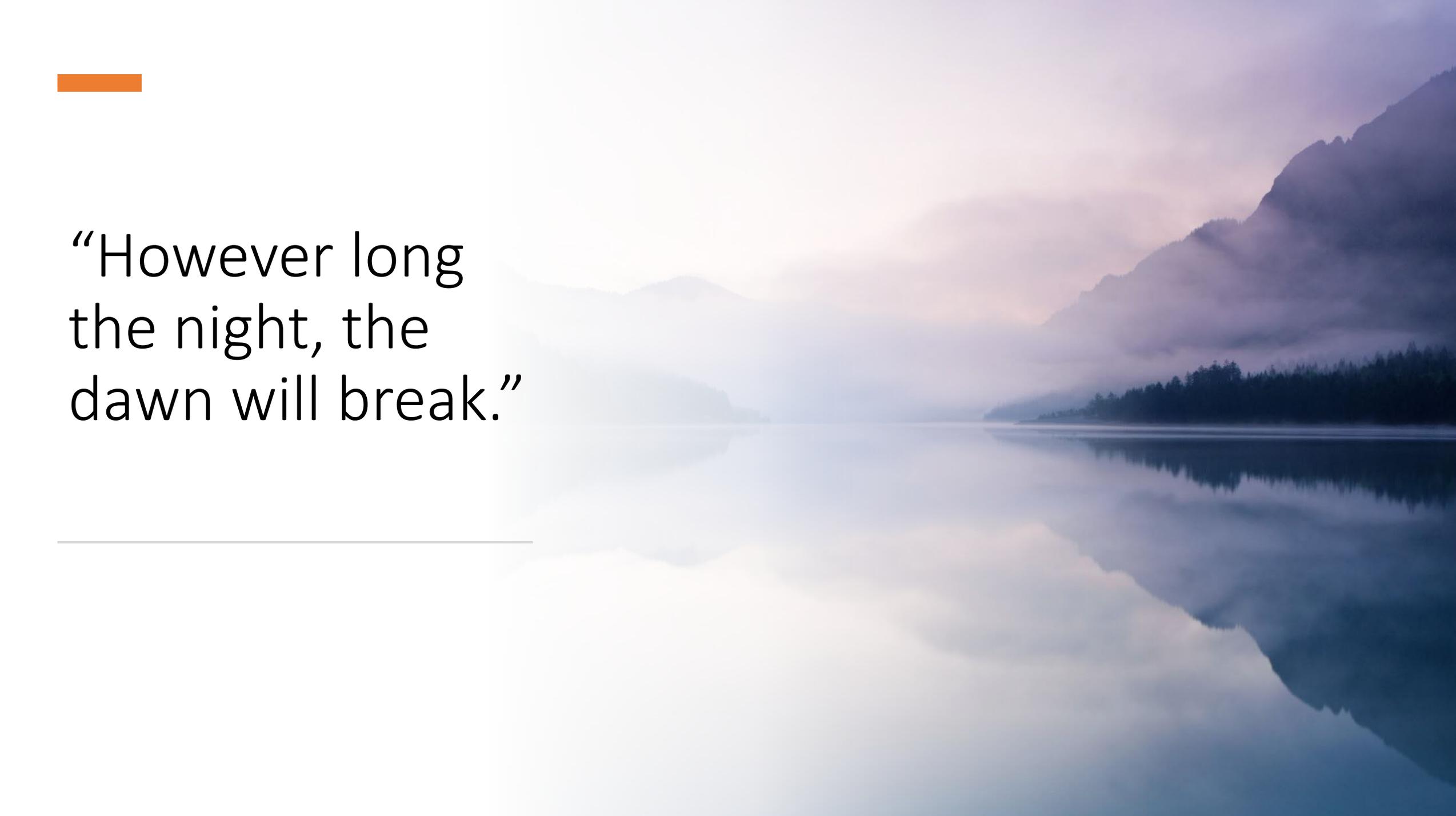
- **10 tips for building resilience in children and teens:**
  - Make connections
  - Help your child by having them help others
  - Maintain a daily routine
  - Take a break
  - Teach your child self-care
  - Move toward your goals
  - Nurture a positive self-view
  - Keep things in perspective and maintain a hopeful outlook
  - Look for opportunities for self-discovery
  - Accept change

American Psychological Association

<https://www.apa.org/topics/resilience-guide-parents>

# Types of Traumatic Experiences

- Community Violence
- Complex Trauma
- Domestic Violence
- Early Childhood Trauma
- Medical Trauma
- Natural Disasters
- Neglect
- Physical Abuse
- Refugee Trauma
- School Violence
- Sexual Abuse
- Terrorism
- Traumatic Grief

A serene landscape of a lake at dawn. The sky is a mix of soft pinks, purples, and blues, with light clouds. The mountains in the background are shrouded in mist. The water is calm, reflecting the sky and the surrounding landscape. A dense forest of evergreen trees is visible on the right side of the lake. In the top left corner, there is a solid orange horizontal bar.

“However long  
the night, the  
dawn will break.”

---



# Adult Responsibilities

Asset-based approach



## Building Relationships and Connections

### Goals for Adults

1. Treat students with concern to build trust
2. Recognize the pain beneath the problem
3. Respond to need rather than react to crisis

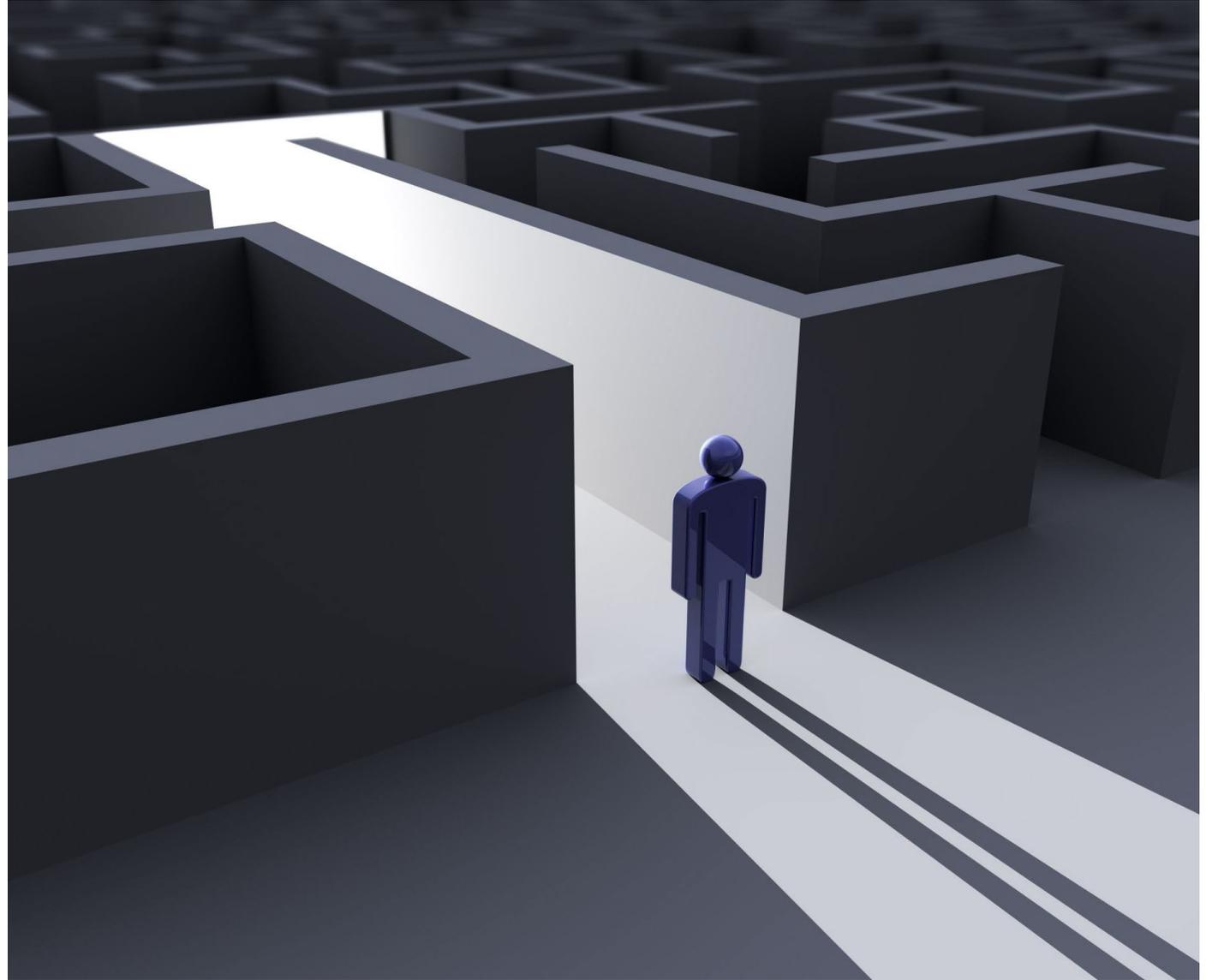
### Goals for Students

1. Find person to trust who treat you with concern
2. Express pain without causing problems for others
3. Seek supportive adults and peers in times of crisis

# Advocate

---

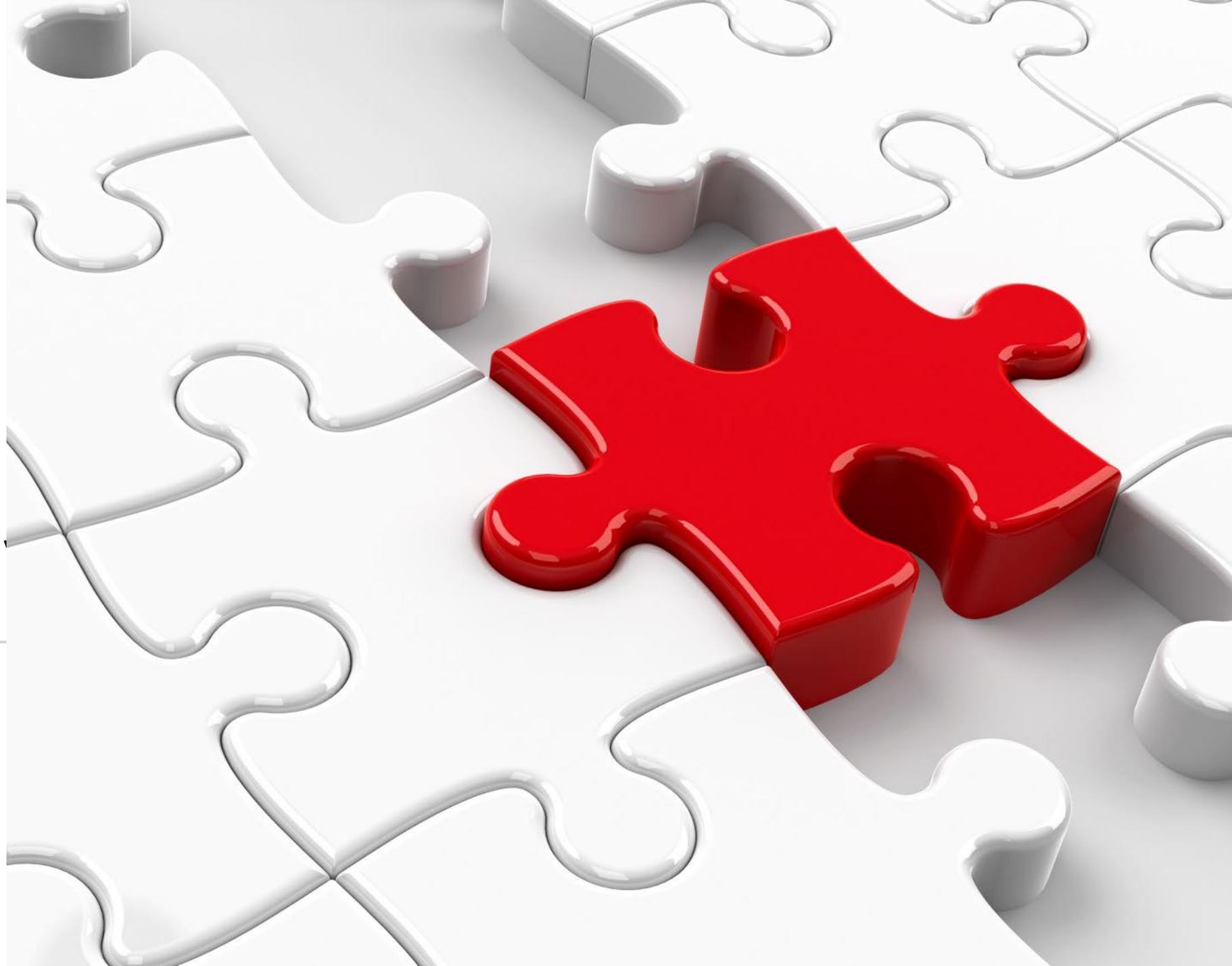
- Remove barriers
- Create positive conditions





Problem Sol

---



# Emotional Self-Regulation

Feelings?	Where do you feel it in your body?	What sensation do you feel?
Hurt	Chest/Heart	Heavy/Deep
Happy		
Worry		
Angry		
Relaxed		
Guilty		