

Tips for Teaching for Resilience



Resilience is a journey.
Walk the road with your child.

Allow them to experience the consequences of their own decisions and fix their own mistakes
Start small.

Build a trusting relationship.
Get to know them.



Show them how to set priorities, plan actions and honour commitments.

Communication.
It's key! Connect with family, with colleagues and administrators when you need supports, and to support the needs of the children.

Help re-balance the scale when they need help.



Have fun!
Laugh and show them you like to spend time with them!

Be informed!
Know what children are seeing and learning outside the classroom.

Have an open heart.
Encourage open communication, without negative judgment.

Be brave.
Have the tough conversations that come from the heart of a caring teacher.

Help them find their place in the world through caring for others, helping and participating in their family and community.

