



5 Secrets to build Confidence & Resilience



peacefulkidsau

Top 3 wishes...



Soft Skills

EQ & social & emotional learning

Ability to communicate
Resolve problems
Problem solve & think critically
Lead others
Think independently
Manage and express emotions
Work as a team
Connect with others
Be our best and thrive
Positive attitude
Empathy for others
Keeping focused
Being flexible

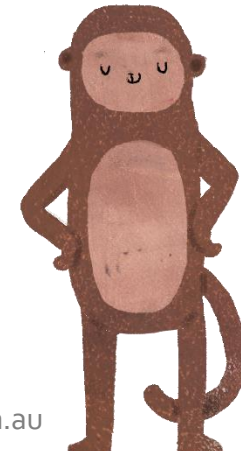
**Attribute to 85 %
success in life**

Hard Skills

Academic skills

Numeracy
Reading
Writing
Facts
Work processes
Practical skill sets
Corporate job training

**Attribute to 15%
success in life**



What does being
resilient mean?





RESILIENCE

“The capacity to cope and stay healthy **in spite** of the negative things that happen through life”



Nourish Brain
& Body

Problem
Solving
Skills

5 Secrets

Healthy
Thinking
Habits

Independence

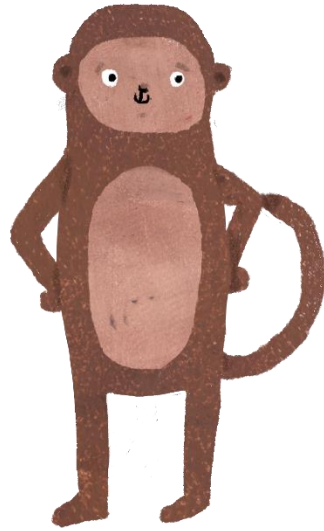
Coping Skills



Problem Solving Skills

Secret 1



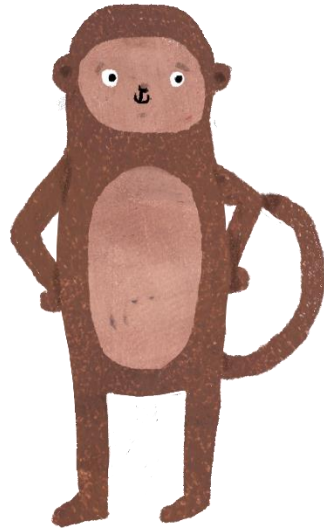


Problem Solving Skills

Trial and Error !

Opportunities to make lots of MISTAKES

Role model that Mistakes are ok



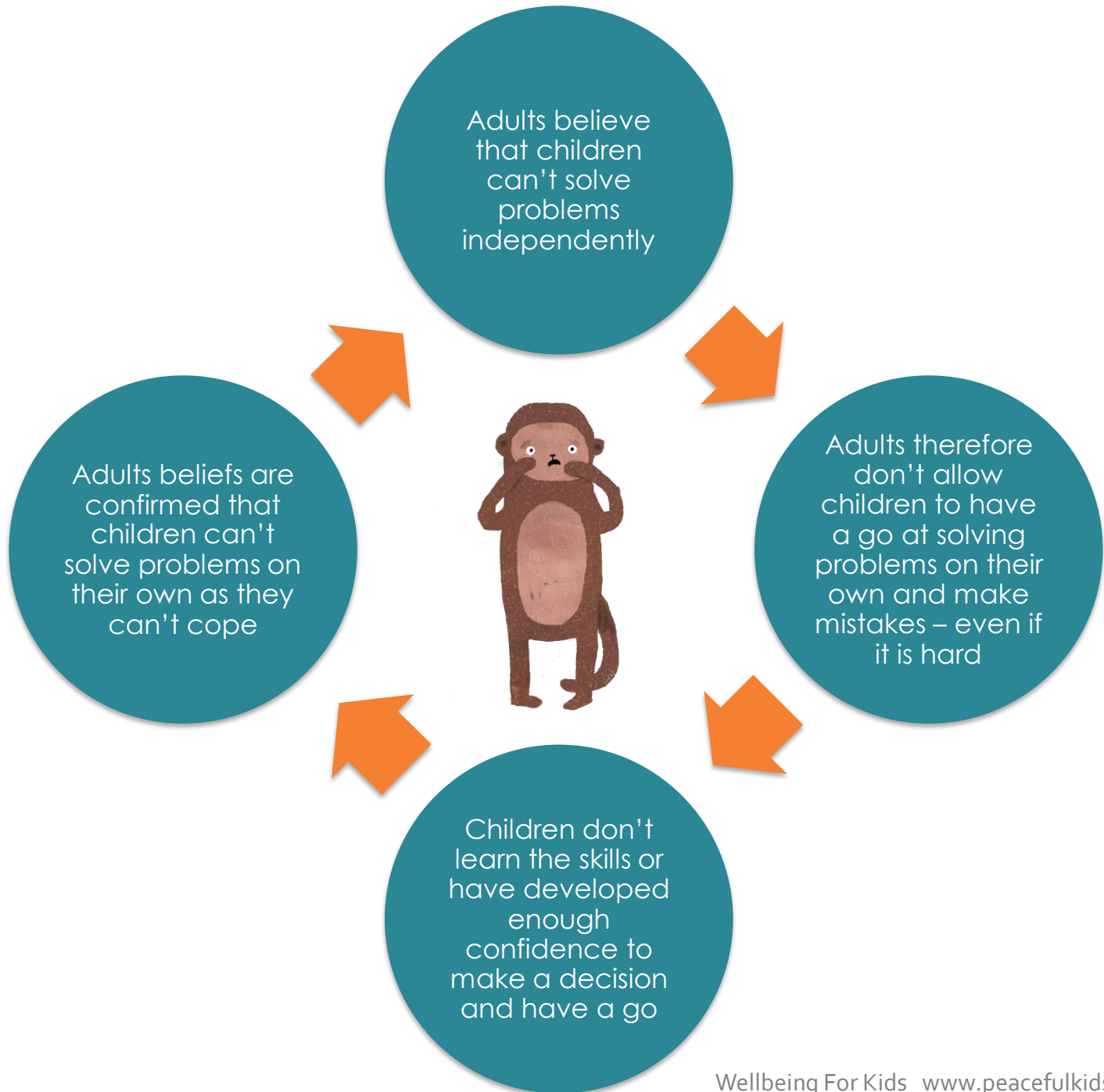
Problem Solving Skills

Coaching Questions

“What could you do?”

“What would happen if you did this?...”

“What do you think could fix this?”

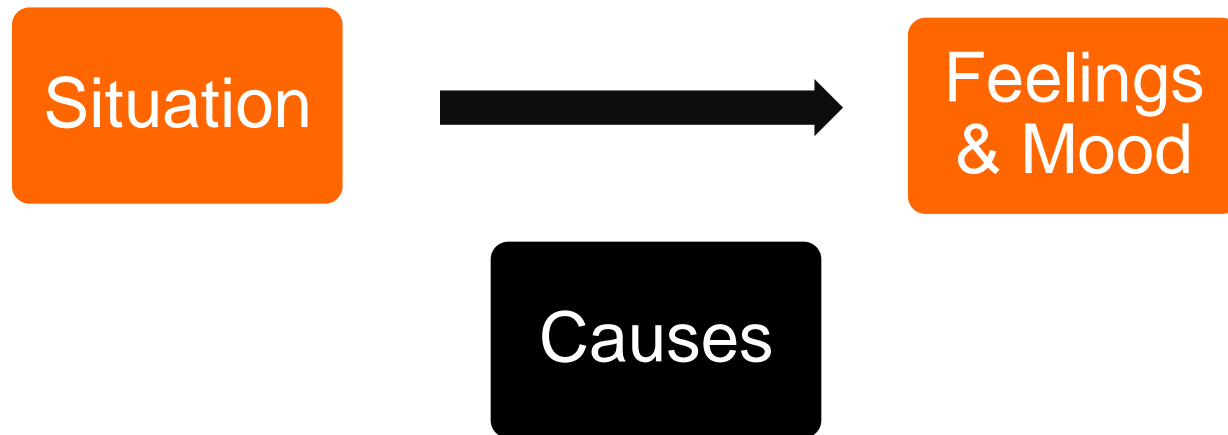


Healthy Thinking Habits

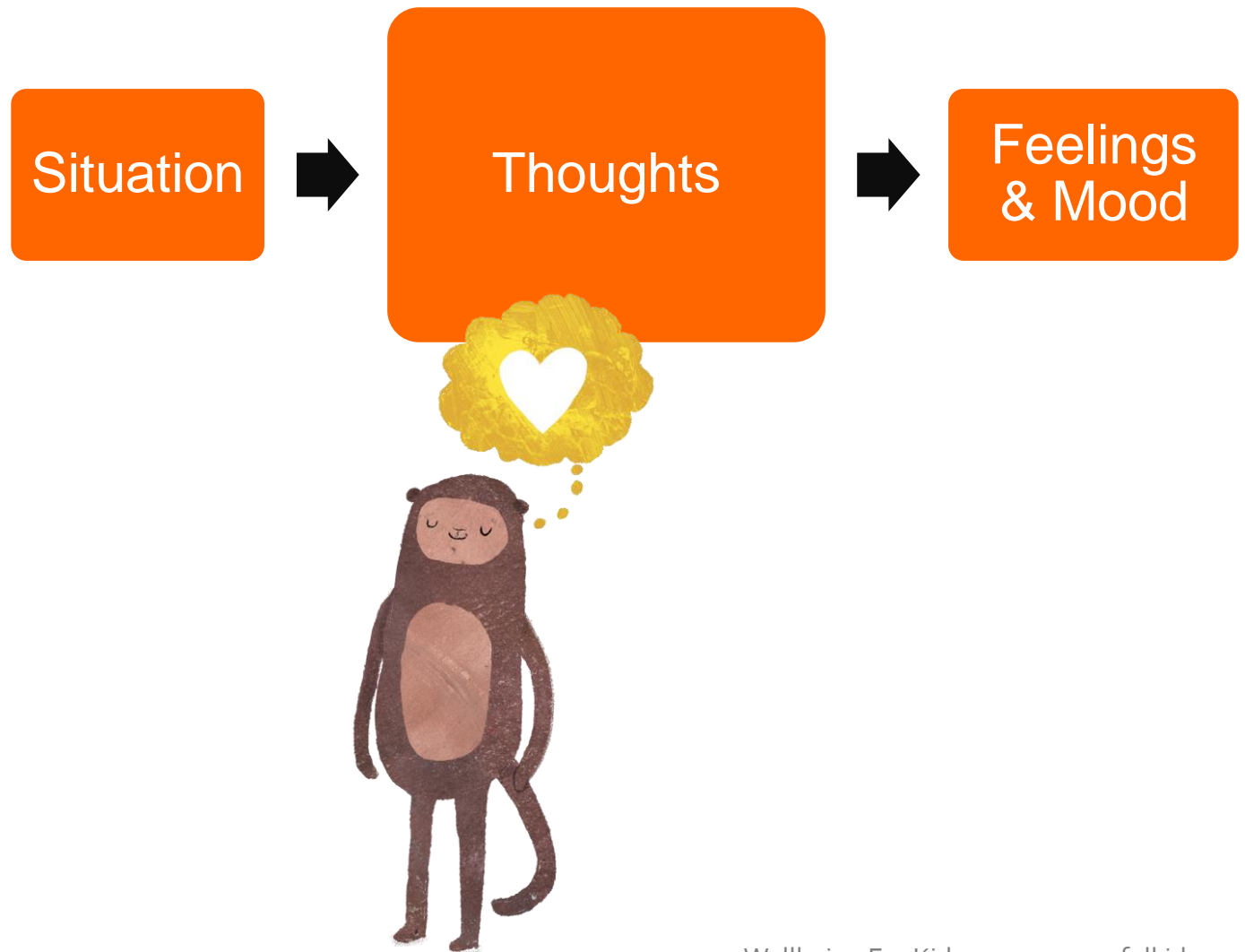
Secret 2



True or False?



What really happens !



Unhelpful Thoughts

'Catastrophe' Thoughts

Thinking this is the worst thing that could happen

Helpful Thoughts

'Grit' Thoughts

Sometimes things are hard which is ok – life is not always fun



Unhelpful Thoughts

'Too Hard' Thoughts

It's not ok if things are hard or not fun



Helpful Thoughts

'Perspective' Thoughts

This could be worse
It's not that bad

An illustration on the left side of the page features a brown monkey standing on a green field with yellow flowers. Above the monkey is a large, bright yellow sun with a white heart in the center, surrounded by colorful flowers. The background is a light blue sky with green foliage at the top.

Unhelpful Thoughts

'Catastrophe' Thoughts Thinking this is the worst thing that could happen

Worry Thoughts Worrying about every single thing that could happen

Must be right Thoughts Needing everything to be perfect or as expected

Crystal Ball Thoughts I need to know exactly what is going to happen for things to be ok and I can't stand change

Too Hard Thoughts It's not ok if things are hard or not fun

Helpful Thoughts

Perspective Thoughts this could be worse / it's not that bad

Calm Thoughts things will feel better if I keep calm and be mindful

Having a Go Thoughts It's ok to make mistakes or not do things perfectly – it means I'm having a go

Go with the Flow Thoughts Not everything will go to plan and that's ok

Grit Thoughts Sometimes things are hard which is ok – life is not always fun



Acceptance

**“People are not affected
by events but by their
view of events.”**

Epictetus Philosopher 55 AD – 135 AD



**“Things are neither good
nor bad but thinking
makes it so.”**

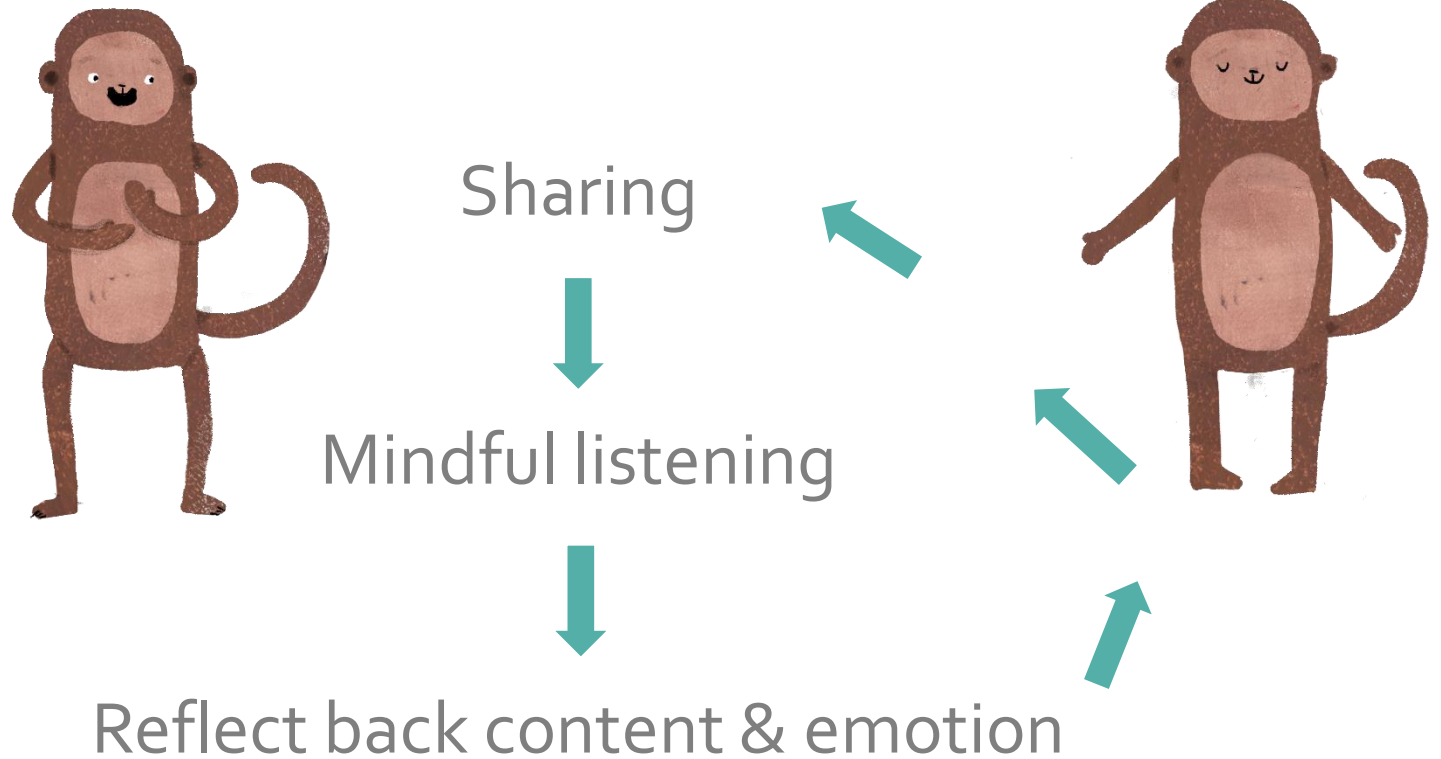
William Shakespeare

Coping Skills

Secret 3




Reflective Listening Technique



Name it & Tame it

When we name an emotion it helps to tame the emotion



“That must have been really frustrating”

Respond vs React



Co-regulating





Hyperarousal



Use Mindfulness, Deep Breathing, Grounding

Window of Tolerance



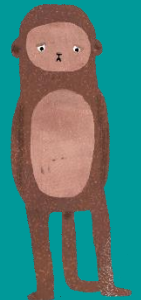
Body in optimal state

Mentally engaged

Access both reason & emotion

Use Physical activity, breathing, Mindfulness

Hypoarousal



Nourish Brain & Body

Secret 4





- Lots of free play!
- Allow for boredom



Time out each
day *to be in*

'Flow'



Nature Deficit
Disorder

Free Play
Deficit Disorder





Independence

Secret 5



Independence



Let kids do what they can for themselves

Build self-efficacy



It's Ok to say no!

Clear & Consistent boundaries

Rescuing



Our role is to help our children COPE
when things go wrong or are difficult –
not to rescue !



Dear Mum and Dad, Please help me to be confident and resilient ...

- Let me carry my own bag to school.
- Let me put my bag & brain food away in the morning.
- Guide me to change my reader rather than do it for me.
- If I forget something please don't race home and get it for me – there is always tomorrow!
- Please remember that at times I will have conflict with my friends – this is really normal and a part of growing up. I just want to talk about it with you so you understand how I feel.
- If I am tired after school and have a meltdown remember this is really normal and there is nothing to worry about – I have just been on my best behaviour all day!



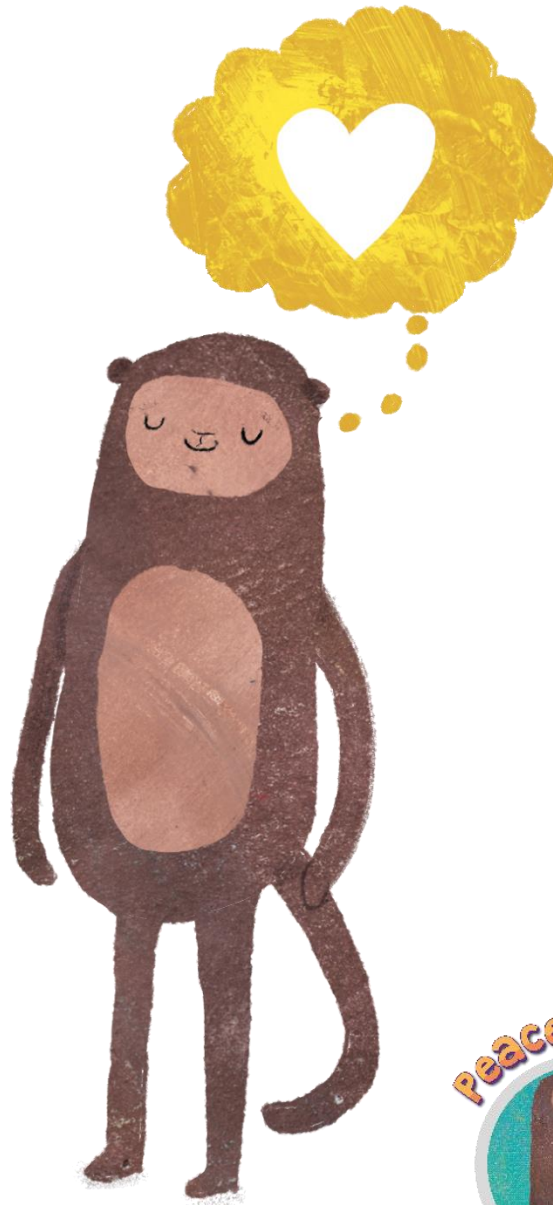
- Let me make my own breakfast (even in Prep I can get out the cereal box and milk!)
- Let me make some of my own lunch (with some guidance if I am making unhealthy choices)
- Let me clean up after breakfast / dinner – if I can use a iPad, then I can clean up!
- Please give me a chance to solve problems on my own (and chat to you about it if I need to) – it's the only way I can build resilience.
- Please give me lots of time to just play each day (without technology) so I can relax, be creative and build independence.

Love from your child xxxx



Sometimes falling
flat on your face
allows you to see
things from a
totally different
perspective

- Linda Poindexter



This
too
shall
pass



peacefulkidsau

'Peaceful Kids, Peaceful Parents'

This online self paced course covers a range of practical and evidence based strategies to support both parents and children's wellbeing. The course also offers parents a range of strategies to support their anxious children.

The course is created and guided by Georgina Manning and includes expert videos with Dr. Craig Hassed and Andrew Fuller. The course also includes instructional videos, activities, reading, audios and more.

Parents learn strategies for their own wellbeing

- Basic neuroscience of anxiety and the stress response
- Links between the body and the brain and anxiety
- Formal and Informal Mindfulness techniques and strategies
- Mindfulness meditations for parents
- Managing worry and anxious thoughts
- Reducing stress in the home
- Mindful Parenting strategies
- Positive psychology strategies to boost wellbeing
- Slowing life down & being more in the 'Flow'
- Importance of Self Care
- Embedding Mindfulness into everyday living
- Managing emotions mindfully



Online course
starting soon!

More