



Kenowa Hills Public Schools
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Kenowa Hills Mental Health Newsletter

UKNIGHTED
WE STAND.



R-E-S-I-L-I-E-N-C-E
find out what it
means to me!

You've made it to Week #4, and we're so proud of you! We miss your students greatly!

In this edition, we want to focus on resilience and mental toughness. Resilience simply put is the ability to bounce back from a challenge. Mental toughness is the ability to meet a challenge with confidence & optimism. We want to share a few tips on building mental toughness & resilience in your child!

Tip #1: Grateful Journaling

TODAY I AM
grateful
FOR

1

2

3

TEMPLATE BY @ARCHELA

FOR YOUNGER KIDS:

HAVE THEM/HELP THEM DRAW A TREE WITH BRANCHES. CUT OUT LEAVES & KIDS WRITE/DRAW WHAT MAKES THEM HAPPY ON THE LEAF & ADD TO THE TREE. WATCH THE GOODNESS GROW!

FOR OLDER KIDS:

CREATE A HAPPY JAR OR GRATITUDE JAR. WRITE THINGS DOWN THAT BRING JOY/THANKFULNESS & ADD THEM TO THE JAR. PULL OUT A FEW ON ROUGH DAYS TO REMEMBER THE GOOD.

"I cannot do all the good that the world needs. But the world needs all the good I can do."

Jana Stanfield

The secret to living well is:

Eat half.
Move double.
Laugh triple.
Love without measure.

The struggle you are facing today is building the strength you need for tomorrow.

Life is 10% what happens to us, and 90% how we react to it.
-D. Kimbro



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Being in tough and difficult situations at times can lead us to feel *stuck*. Setting realistic family goals during a crisis builds resilience. Look at the situation in a realistic manner and set goals to deal with the situation. Talk as a family about what has been difficult and talk through what are some possible solutions. Setting small goals will help us feel less overwhelmed and see things in a more clear manner. (Ex: Minimize complaining for the week - If we have a complaint, we'll write it down and put it in a complaint jar. This can help change your family's mindset.)

Daily Check-in Questions:

1. What am I grateful for today?
2. Who am I checking in on or connecting with today?
3. What expectations of "normal" am I letting go of today?
4. How can I get outside today?
5. What beauty am I either creating or inviting in today?

Tip #2: Practice the 7 C's of Resilience

IDEAS TO CONSIDER

1. CONTROL- OFFER CHOICES TO YOUR CHILDREN
2. COMPETENCE- APPOINT YOUR CHILD A ROLE/JOB
3. COPING- MODEL HEALTHY COPING STRATEGIES
4. CONFIDENCE- PRAISE CHILD'S ATTITUDE AND EFFORTS
5. CONNECTION- ASK QUESTIONS AND VALIDATE EMOTIONS
6. CHARACTER- TELL STORIES ABOUT RELATIVES' CHARACTER TRAITS
7. CONTRIBUTION- DISCUSS FAVORS, DONATIONS, VOLUNTEERING

Tip #3: Teach them how to handle difficult emotions

1. EMPATHIZE: VALIDATE THEIR EMOTIONS. "Wow, you're really angry right now."
2. INVESTIGATE: HELP THEM TELL THEIR STORY & LABEL EMOTIONS.
3. INFORM: SET LIMITS. "All emotions are okay, but not all behaviors are."
4. EXPLORE: HELP THEM PROBLEM SOLVE, BUT DON'T SOLVE FOR THEM. "You pushed JOEY because you were angry. What could you do instead next time you're angry?"