

3 CONVERSATIONS FOR MORE RESILIENT FAMILIES



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What is resilience?

Resilient kids know they can do hard things and there's benefit in doing the hard things.

WE'RE NOT ALONE IN THIS

What we're going through is pretty stressful, but our country and ancestors have gone through some pretty crazy things too. Share stories of people that have made it through and have weathered through tough times before.

WHAT REALLY MATTERS TO US

Let everyone share what principles have mattered most to them. Principles of love, hard work, prioritization, etc.

WE CAN DO HARD THINGS

This is hard and we're doing it and doing it pretty well. Pull out stories of hard things you've accomplished.

reflections:

Why teach resilience?

What hard things have you gone through?

What are some hard things your ancestors have gone through?

How can you shape your attitude as you practice resilience during hard times?

How are you handling a hard situation right now?

Notes: