



Building Resilience in Children

Aisha Sherazi 2023





What is Resilience?

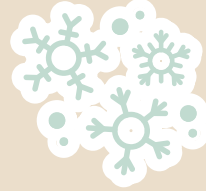


Resilience is the ability to bounce back from adversity and adapt to life's challenges. It is a crucial skill for young minds to develop.



It is the ability to problem solve what can be changed and accept what cannot be changed.





Whoa!

Life is filled with large and small challenges.
Resilience helps us overcome them





1 Gratitude is at the Core

Combatting the SCARCITY
mindset

- Low self-esteem
- Jealousy
- Greed
- Hate
- Stress
- Anxiety
- Laziness
- Arrogance



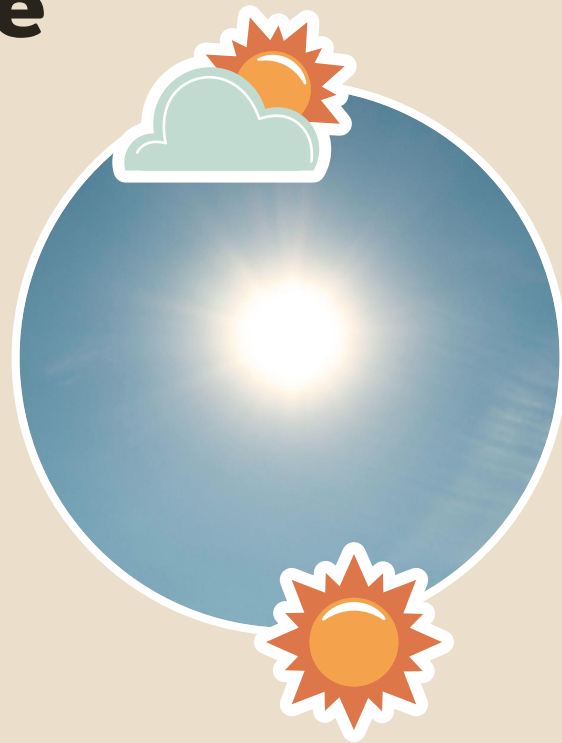


Consciously turning negative into positive

Someone was mean to me on the playground::

Maybe they were going through a bad day and
needed to be shown extreme kindness?

Maybe they needed me to be the person that stood
up to them respectfully?





First World Problems

Let's turn a negative into a positive



★

2



Patience to Go Without

Delaying Gratification

☁

“Hard times create strong men, strong men create good times, good times create weak men, and weak men create hard times.”

☾

G. Michael Hopf



**$\frac{2}{3}$ of four year olds could
not wait fifteen minutes**





Other patience-building activities

1

**Beads and
pipecleaners**



2

Origami



3

Cooking



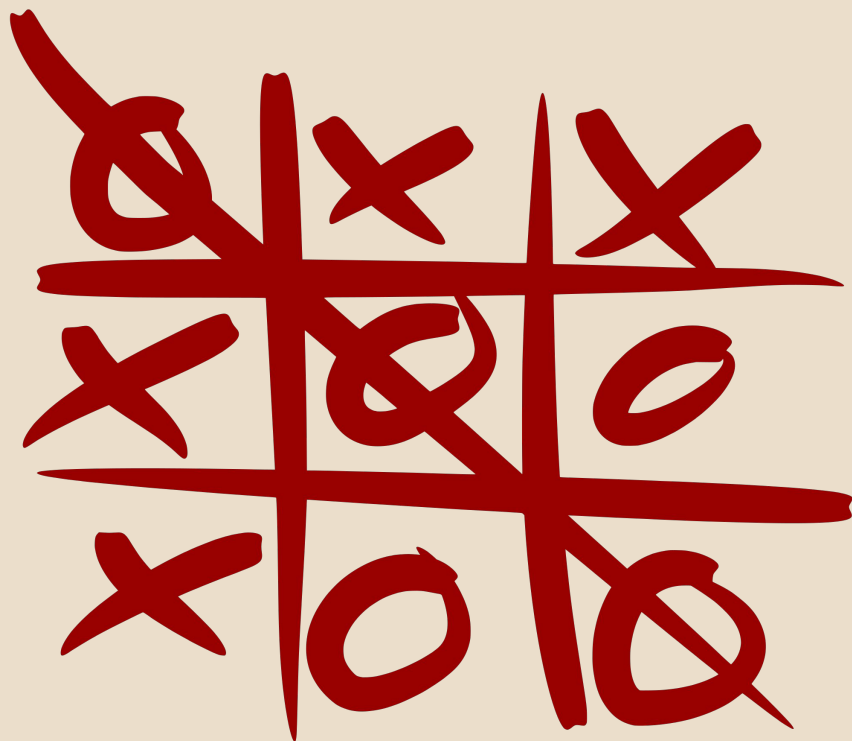


3



Learning to Lose

Coping skills take practice






4



Fostering Independence

Trust builds confidence to
make mistakes





“Good company in a journey
makes the way seem
shorter”

—Izaak Walton



5

**Don't Rush
to the
Rescue**





The Impact of Social Media

Heightens the Scarcity Mindset



Self



Connection



People Pleasing



Toxicity





Summary



- Nurturing resilience in young minds is a journey that requires creativity, support, and belief.
- By fostering resilience, we equip our children with the tools they need to thrive in an ever-changing world.
- The future is filled with endless possibilities!
- Teaching and training young people to make good choices prepares them for any weather



Thank You

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