



# THE SEL SCOOP – November 2020

Supporting your Child Socially and Emotionally

This month's topic: Courage, Grit, and Resilience

Feeling tired? Cranky? Irritable? Forgetful? Overwhelmed? Tangled up?

*(You are not alone!)*

This December will be different. These differences often feel bigger for the adults than for the children; and it is hard. There is so much out of our control, but one thing within our power is to take care of ourselves. Taking care of ourselves is the first step to taking care of our children. Here are **10 TIPS FOR THRIVING** when life does not feel quite the way we want it to:

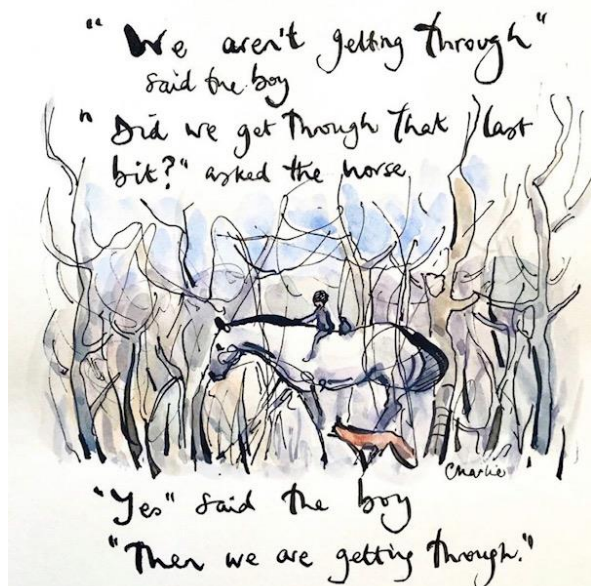
1. Create and foster connections with people you love and care for in any way that you can.
2. Get intentional about having fun and find the joy in little things.
3. Give the solution more attention than the problem.
4. Let go of what you cannot control and accept and embrace change.
5. Maintain a hopeful and optimistic outlook.
6. Practice gratitude.
7. Look for opportunities for self-discovery and creativity.
8. Give yourself a pep talk.
9. Find a sense of purpose.
10. Be kind to yourself.

## Grit | *Noun*

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance; informal: guts, spunk.



SD23 Social Emotional Learning Team



## Conversations with your Kids

Tell a story about a time...

- An elder in your family showed grit, courage, and resilience.
- That connecting with someone you loved made you feel better.
- You thought something was going to be challenging but it turned out great.

And discuss the words or phrases you use when you talk to yourself during a challenge and how you might reframe negative words or phrases to be positive, encouraging, and helpful.

Want more information?

<https://larryferlazzo.edublogs.org/2013/08/24/this-is-the-best-video-ive-seen-on-perseverance-resilience-theres-no-dishonor-in-having-a-disability/>

<https://youtu.be/o1CxKPrK5GY>

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child (Dan Siegel and Tina Payne Bryson)