

THRIVE

newsletter

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RESILIENCE AND COPING SKILLS

Resilience is at the core of emotional wellbeing in the Thrive Approach. Teaching children how to bounce back from setbacks and manage stress equips them with vital life skills that support their growth and happiness. Resilience isn't about avoiding difficulties—it's about facing them with confidence, flexibility, and hope.

Developing coping skills helps children recognise and regulate their emotions when challenges arise. Whether it's taking deep breaths, asking for help, or using positive self-talk, these strategies empower children to manage stress rather than be overwhelmed by it. With practice, coping skills become reliable tools that support emotional balance.

The Thrive Approach encourages adults to model resilience by showing calm, patience, and problem-solving when things don't go as planned. This creates a safe space where children feel supported to try again and learn from experience.

THRIVE IN ACTION

Thrive Tip: When a child faces a tough moment, invite them to pause and name their feeling. Then explore together: "What could help you feel better right now?" Simple questions like these build awareness and encourage practical coping strategies.

FOCUS

Resilience and Coping Skills: Developing strategies to handle setbacks and stress