

RESILIENCE Tips and Tools



Easy for parents, Good for kids

Tips and Tools to help busy parents raise happy, successful kids - in 10 minutes a day.



How RESILIENCE leads to Happiness and Success

Resilience is defined as the ability to bounce back, recover from, or quickly adjust to adversity and challenge. This includes anything from a minor difficulty or disappointment to a major defeat or disaster. Resilience is the fortitude to get back up, brush off the dirt, and try again. What's most interesting is how the smallest inconvenience or frustration, which is perceived as nothing to a resilient person becomes a huge disaster in the mind of someone who is not. So, how do we become resilient? Experts explain that resilience is a set of emotional tools we develop throughout our lifetime that are available whenever we need them. It's really about how we perceive life's difficulties, how we learn to manage them and, most importantly, how we talk to ourselves when things don't go as planned.

Shad Helmstetter, author of *What to Say When You Talk to Yourself*, has studied the research on this topic for decades. He tells us that "The reason why some people accomplish nearly every task more easily than others, achieve their goals more readily, and live their lives more fully, is this: Those who appear to be "luckier" than the rest have actually only gotten better mental programming to begin with, or have learned how to erase their old negative programming and replace it with something better.... It is no longer a success theory; it is a simple but powerful fact.... The brain believes what you tell it. Your success or failure in anything, large or small, will depend on your programming – what you accept from others and what you say when you talk to yourself...You become what you think about most."

Mindsets for Happiness and Success



RESILIENCE

...is knowing that you are the only one with the power to pick yourself up.

How to talk to kids about RESILIENCE

Children don't become resilient or build self-esteem just because their parents tell them they are amazing, because their coaches give them trophies for showing up, or because they got an A on a project that someone else helped them complete. They become resilient because they learn how to manage difficult situations, try new things, make mistakes, and experience failure and disappointment. Confidence comes from knowing you can handle challenging situations and feel uncomfortable emotions - without falling apart. That's resilience. The only way to teach it to children is to let them experience it. There is no magic shortcut. Some great tools to help parents teach three essential components to resilience: **1). LET'S TALK about RESILIENCE** for healthy self-talk, **2). WINNERS Plan to Fail** for preparing plans B and C, and **3). The WORK to WIN Game** for breaking goals into baby steps.

WINNERS Plan to Fail

We think winners are always winners, but they're not. Most winners lose a lot before they figure out what it takes to win. John Wooden, one of the best football coaches of all time, won an astonishing ten championships in 12 years, but people forget that he spent 16 years NOT WINNING until he figured out a winning vision and a winning plan that worked for him.

The secret to winning - or achieving any goal - is to not give up. If something doesn't work, winners move to plan B or plan C. They don't see losing as a failure. They see it as a piece of the puzzle that didn't fit. They "pivot" and look for another piece of the puzzle to try.

The first step to achieving a goal is to write it down and share it with others. Next, break down your goal into mini goals that will make it easier to stay motivated and get to the finish line. Third, and most important, prepare your plan B and plan C - in case plan A doesn't work.

Use the cards included in **WINNERS Plan to Fail** to help each other plan and work towards a personal goal during the month.

[Download LET'S TALK - Resilience](#)



[Download WINNERS plan to fail](#)

The HappyHome ELVES and the Key to RESILIENCE

Each of the HAPPYHOME ELVES comes with a bed-time story by an award-winning author, an antique key, 50 tokens to reward good behavior, and 30 cards telling children what they can do to earn the Key of Resilience, Kindness, Optimism, Gratitude, Responsibility, Courage, Mindfulness, Empathy, Purpose, Generosity or Respect.



The HAPPYHOME ELVES pop up around the house (one per month), holding prompt cards for children, who love the magic and mystery of it all. Kids are excited to wake up each morning and see what message the ELF has brought, and end up doing more for their friendly ELF than they would for their parents. Parents learn how to parent like an expert without reading a single book. The prompt cards teach them what to say to their kids, and what activities to encourage that will help them develop the mindsets and habits that lead to happiness and success.

[See all 12 ELVES](#)

The 3-IN-1 FAMILY FUN Activities for RESILIENCE

The three most important things happy families do is (1) sit down to meals and talk about what's important, (2) have fun together - without technology, and (3) celebrate family life with rituals and traditions that create memories and build strong family ties. 3-IN-1 FAMILY FUN ideas have been developed to deliver all those benefits in one simple activity.

Our most cherished childhood memories usually revolve around the holiday traditions we celebrate as a family. The fact that we repeat these traditions over and over again is one reason why they stick with us, but it's also because they involve so many of our senses; festive decor, yummy food, fun activities, and relaxed time with people we love. If you want your children to remember important life lessons, the easiest, and most effective, way is to weave them into holiday traditions and family rituals. That's what 3-IN-1 FAMILY FUN is all about. Below are three activities/tradition ideas for the month of January, all about RESILIENCE and/or New Year's Day.

RESOLUTION Reminders

How often do we compile a list of New Year's resolutions, set it aside, and completely forget about it? Most of us, most of the time! Except diet and exercise, because they are almost always on the list.

Since life is about working towards goals, your children can learn an essential habit that will lead to a happy, successful life. Write four goals on your RESOLUTION Reminder cards, attach a ribbon, and hang it where you will see it every morning (i.e., the bathroom mirror or the refrigerator door). This daily reminder will help keep you focused on what you've decided is important and make it easier to succeed.



The WORK to WIN Game

A big project can overwhelm most people. One of the mindsets that helps successful people is the habit of breaking work into little tasks so that you focus on one small goal at a time. You can help your children learn this very important way of thinking with the WORK to WIN game.

Have your child choose something they want to buy or do and make a list of tasks your child can do around the house to pay for it. Note the number of squares he/she will earn for each task. When your child completes a task, give him the correct number of tokens to fill those squares. Use the gift box included to wrap up the money they earn and celebrate their WIN at dinner.



What would your best FRIEND say?

Who would you rather spend your day with? A best friend who likes you, believes in you, is kind and supportive, who wants the best for you and knows just the right thing to say when you feel discouraged and ready to give up? Or someone who is watching, judging, and criticizing your every move, telling you that you are going to screw up - again - just like last time...that you are not smart enough, talented enough, strong enough, or good enough.

No one would intentionally choose a friend like that, yet that's who we allow into our minds - and listen to all day long. Our own negative voice. Successful people learn how to talk to themselves like their own best friend.



See what you get for only \$6