

## TEACHERS AND PARENTS RESILIENCE TOOLKIT FOR CHILDREN

*by:*

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Despite we often imagine childhood as a lovely experience, youth is not a sufficient defense against the challenges, traumas, and emotional hurts that many children experience. Peer bullying, difficulty at home, adjusting to a new classroom or online learning, and other issues may be expected of children. When the uncertainties that come with growing up in a complex environment are added, childhood may be anything from carefree. One can succeed despite these challenges provided one has the necessary resilience abilities.

By building resilience, or the ability to bounce back from adversity, trauma, tragedy, dangers, or even significant levels of stress, our children may better manage stress, emotions of anxiety, and uncertainty. Children who are resilient, meanwhile, nonetheless face challenges and go through difficult times. When we experience significant trauma or personal loss, or even when we learn of another person's loss or trauma, we frequently experience emotional pain, despair, and anxiety.

Children in elementary school may be start to form new friendship groups and engage in new activities as they mature. They seek instructors and parents for safety when they begin to study subjects about the outside world and for assistance in making sense of it all. Whether it's at home or school, make sure your child has a place where they feel comfortable. Speak with your kids. Answer their inquiries honestly and reassuringly, using brief remarks to assure them that you are doing everything possible to keep them safe and that you will take care of them. As they discuss their worries and anxieties with you, pay attention to what they say and reassure them that you are there for them.

Limit the amount of news your kids watch or listen to while there's a scary scenario outside the house. They might interpret what they see or hear on the news incorrectly, but that is always a possibility. While you don't have to keep your kids in the dark about what's going on in the world, you also don't have to subject them to nonstop news reports that only serve to increase their anxieties. Verify their comprehension of the information they have been exposed to.

Understand that increasing may make daily tensions more intense. Even though your kids might typically be able to manage being teased or having a test go wrong, remember that stress might make them act out in ways they wouldn't normally. Getting assistance can help your child develop resilience and perseverance during stressful or traumatic situations.

*References:*

<https://www.apa.org/topics/resilience/guide-parents-teachers>