

Developing Resilience: How to use past success to confront current challenges

Statement for Parents about SEL during this time:

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”

~ Pelé, Brazilian Athlete and Humanitarian

At times we take success for granted. It is as if when success comes we forget all the hard work we put into achieving it. This forgetfulness can cause us to think that success comes easy. If we forget what we put into something the next time we face a hard time we can get discouraged and feel like a failure. During these times we must help our children remember the hard work they put into achieving success in the past and help them to apply it to their current situation.

“Dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price.”

~ Vince Lombardi

Integrating the theme into the Home:

Defining Success:

Help your child define what success means to them.

Is success simply based on whether or not they get a good grade or accomplish a task?

Or can success come even when it might look as if we failed by the standards of others?

Past Success:

When faced with a difficult task it can be helpful to help your children think of a time when they had success in the past.

What strategies did they use?

Is there anything they did differently than those around them who weren't as successful?

Of the strategies they listed, are there any that can be applied to their current situation?

*As we discussed in previous lessons – heightened emotion and rational thinking cannot exist in the brain at the same time. If your child is flustered or frustrated they may not be able to come up

with answers to the above questions. Help them find ways to release their frustration and calm down before attempting to find a solution. If they are not in a calm mind their frustration level may increase.

Calming Activities

Younger children –

[Sesame Street: Learn to Belly Breathe with Rosita](#)

[Sesame Street: Common and Colbie Caillat - "Belly Breathe" with Elmo](#)

[DANIEL TIGER'S NEIGHBORHOOD | What Do You Do with the Mad that You Feel? Song | PBS KIDS](#)

Get outdoors

Taking a break

Older children –

Yoga

Mindfulness

Go for a walk

Exercise

Deep breathing

Take a break

Listen to calming music

Resist the urge to fix it or do it for them

Sometimes we have the answers for the questions above and it would be very easy to just give that to our children. However, we must resist the urge to fix it when our children are struggling or take the task and do it ourselves. Everything in us as parents causes us to want to make things better for our children, but doing so would rob them of the chance to build great life skills.

If they don't practice those skills now when there is a safety net they will be forced to learn them while trying to navigate an adult world.

You can't learn to cook by watching someone else do it. You actually have to get in the kitchen and work a recipe yourself. You might get burned, but each time the wound heals and you learn from it.

In the same way our kids can't learn by watching us solve their problems.

Resources (Please note what grade level or grade specific - books, articles, videos etc.)

(PK – 12th) [Parent Guide to Resilience – Why Try](#)

(PK – 4th) [Read Aloud | My Strong Mind | Social Emotional Videos for Kids](#)

(PK – 4th) [THE THING THAT LOU COULDN'T DO Read Aloud Book for Kids](#)

(PK – 4th) [I Can Do Hard Things ~ Kids Book about Resilience Read Aloud](#)

(3rd – 6th) [Growth Mindset Activity](#)

(5th – 12th) [7 Challenges Successful People Overcome](#)

(5th – 12th) [Building Brain Attention Skills](#)

Parent Articles –

(PK – 12th) [Adam Grant's Advice for Raising Resilient Kids](#)

(5th – 6th) [Teaching problem solving: Let students get 'stuck' and 'unstuck'](#)