

Social & Emotional Learning (SEL) Forum 2017:

Raising Resilient Kids

This is a partial slide show from the interactive workshops held for parents and guardians on April 3 and 5, 2017.

Overall flow this evening

- What resiliency is & isn't
- Resiliency competency areas and protective factors
- School stories
- What students reported on climate surveys
- Four useful skills to foster resiliency at home
- More school stories
- Home scenarios
- Q & A
- Closing

Resilience isn't...

Resilience isn't just surviving
– it's thriving

Resiliency also isn't...

Resilience isn't necessarily
compliance

Turn-&-talk— think of
compliant behavior that
demonstrated lack of resilience

And, resilience isn't...

“Be more resilient” isn't the
solution to enormous
burdens and stress

Resilience is...

Innate human capacity - attitudes and skills...

developing throughout life...

bolstered by environmental factors...

to overcome obstacles and grow.

“Each of us, through our everyday efforts to be whole people, needs and develops resilience. This process includes...how each one of us accesses our own capacity to embrace opportunities – not just solve problems – we encounter every day.”

(Poliner & Benson, *Teaching the Whole Teen*)

Fostering a resilient self-identity

“Identity is the embodiment of self-understanding. We are who we understand ourselves to be, as that understanding is shaped and lived out in everyday experience.”

Nakkula in Sadowski, *Adolescents At School*

School Stories

- Listening & diffusing
- Appreciative coaching
- Scaffolding questions
- Asset-based feedback

Think of a situation at home

Try applying one of these skills

- Listening & diffusing
- Appreciative coaching
- Scaffolding questions
- Asset-based feedback

Turn & talk to share