

10 best phrases to teach resilience to your kids

1 

Goal
Humour

Phrase
"Come on, laugh it off"

2 

Goal
Contain thinking,
perfectionism and anxiety

Phrase
"Don't let this spoil everything"

3 

Goal
Distraction

Phrase
"Let's take a break"

4 

Goal
Handling worry and asking for help

Phrase
"Who have you spoken
to about this?"

5 

Goal
Offering hope

Phrase
"I know it looks bad now but
you will get through this"

6 

Goal
Positive reframing

Phrase
"What can you learn from this so
it doesn't happen next time?"

7 

Goal
Acceptance

Phrase
"Don't worry – relax
and see what happens!"

8 

Goal
Perspective

Phrase
"This isn't the end
of the world"

9 

Goal
Flexible thinking

Phrase
"You could be right. But have you
thought about ..."

10 

Goal
Taking action

Phrase
"What can we do
about this?"

kidspot



Learn more about Resilience with the Wisconsin Children's Mental Health
Collective Impact Resilience Workgroup

Visit us at: Children.wi.gov/Pages/Integrate/ResilienceWorkgroup.aspx