

# Raising RESILIENT KIDS

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WHAT IS RESILIENCE?



## RESILIENCE

[rɪˈzɪliəns]

NOUN

the capacity to **recover quickly** from difficulties; **toughness**

the ability of a substance or object to **spring back into shape**; elasticity

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HOW TO BUILD RESILIENCE?

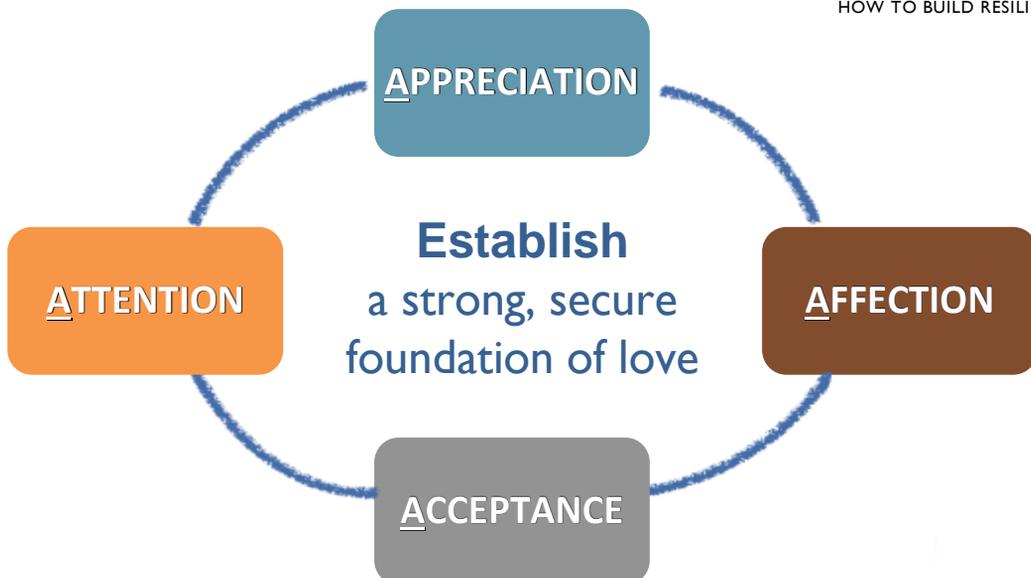
## The 3 E's of Resilience

- 1 Establish: Security
- 2 Empower: Problem Solving
- 3 Equip: Happiness Toolkit

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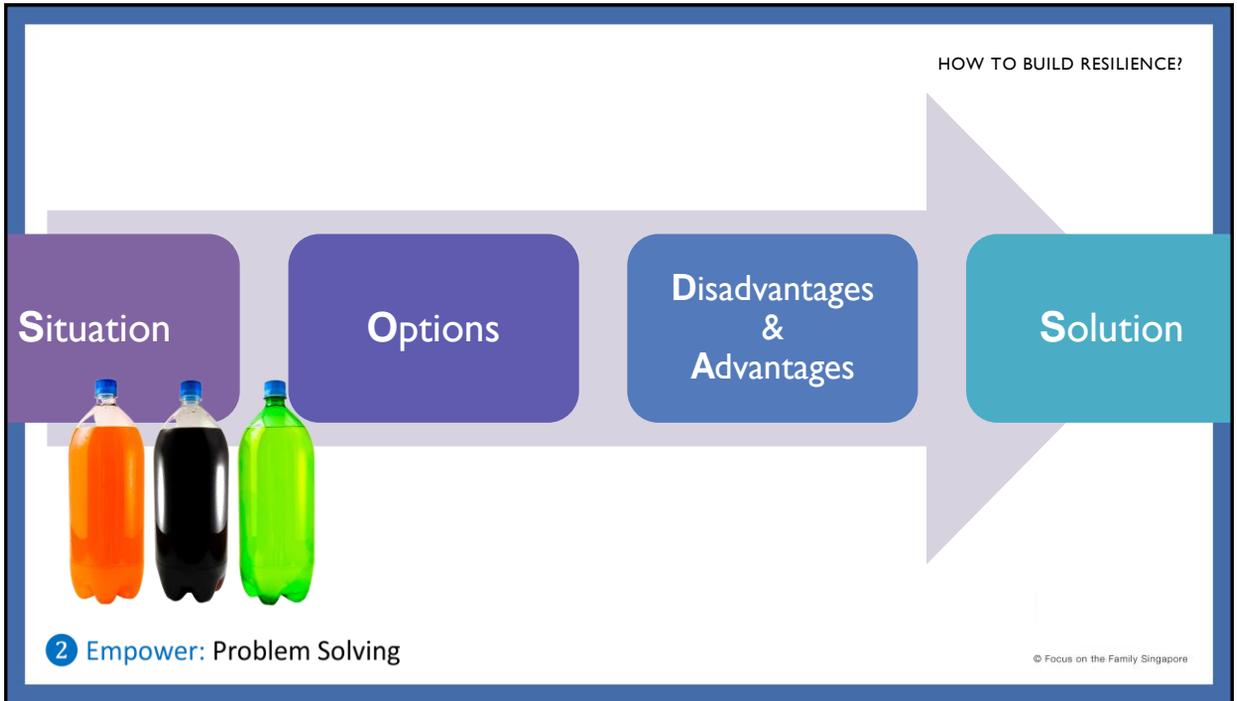
HOW TO BUILD RESILIENCE?



1 Establish: Security

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HOW TO BUILD RESILIENCE?

# Happiness Toolkit

*Is your child's love tank full?*

1. Good **sleep**
2. Good **cheer**
3. Good **company**

3 Equip: Happiness Toolkit

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GOOD HABITS TO CULTIVATE

# GRATEFULNESS



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GOOD HABITS TO CULTIVATE

# KINDNESS



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GOOD HABITS TO CULTIVATE

# POSITIVE OUTLOOK



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*“Parents are teachers,  
guides, leaders, protectors and  
providers for their children.”*

*- Jyanla Vanzant*



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# TYVM

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