



Resilience for the School Age Years

Resilience Competency- Optimism

The ability to look for the positive and fight the negativity bias while remaining realistic and aware of what is controllable.

<https://branchta.org/resilience-tools-can-help-military-kids-develop-self-advocacy-2>

The Branch - Military Parent Technical Assistance Center has identified some cool tools for military children to help them grow essential self-advocacy skills. They're aimed at children ages four (4) through middle school. These free tools were created to promote resilience, the ability to adapt to adverse circumstances or trauma.

https://ready.army.mil/ra_kids.htm

The Ready Army Kid's Campaign provides preparedness activities designed specifically for children. The Kid's Campaign products are printer friendly. Enjoy these preparedness activities as a family!

Resilience Competency- Self-Regulation

The ability to regulate impulses, emotions, physiology, and behaviors to achieve goals and express emotions appropriately.

<https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>

Understood For All: Looking for ways to help your child with social-emotional learning (SEL)? Many schools have started teaching kids how to do things like cope with feelings, set goals, and get along with others. You can help your child work on these skills at home, too.

<https://www.weareteachers.com/calm-down-jars/>

We Are Teachers shows how to make unique calm down jars. With just one shake, the two colors mix, creating a new color. Then little by little, the colors separate, and the liquids return to their original state. So not only is this a really awesome way for children to relax but it's also a great learning opportunity.

Resilience Competency- Strengths of Character

Know your strengths and how to use them to overcome challenges and meet goals.

<https://characterlab.org/>

At **Character Lab**, we believe that helping children develop character is an age-old challenge that will yield to a new solution: world-class scientists creating actionable resources for educators, parents, coaches, counselors, and anyone else interested in helping kids thrive. For more information, read our [Playbooks](#) and [Tips of the Week](#).

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