



Resilience & Self-Esteem

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GIG
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Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Author Jez Jones, CAMHS Practitioner

Resilience

**The ability to face
challenge and recover
quickly from difficulties.**

adapt

stay positive

keep going

bounce back

Resilience

Signs a child may be struggling with resilience.

Resistance to change

Easily tearful

Internalises problems

Takes things personally

Pessimistic

Rumination

Reluctance to 'try again'

Overly self-critical

Irritability

Disproportionate reactions



Resilience

Rings of Resilience



Resilience

Building Rings of Resilience

Take on
Challenges

Acceptance

Sleep
Well

Relationships

See the
Positives

Try New
Things

Self
Esteem

It's OK to
Fail

Talk
About
Feelings

Self Talk

Resilience

Self Esteem

Confidence in your own worth or abilities.

Affirmations

Positive reminders or statements.

Thank you for laying the table. You're so helpful.

Good job tidying your room. You're super organised.

Well done for sharing. You're very kind.

Amazing work in school today. You're really focused.

I'm so proud of you for that. You're so brave.



Resilience

Self Esteem

Confidence in your own worth or abilities.

Responsibilities

Responsibilities allow children to experience success independently from the input of adults. It gives them the opportunity to experience success and to make mistakes!

Responsibilities show children that you trust them and that you believe they are capable.



Resilience

Self Esteem

Confidence in your own worth or abilities.

Responsibilities

- Expect: failure, mess, broken items
 - *Allow failure / do not be over-reactive to failure / model how to try again*
- House chores
- Clean up after themselves
- Dress themselves
- Brush their teeth
- Fix items / problems
- Make themselves simple foods / cook together
- **Give positive feedback once the task is completed**

More ideas

One of the best ways to have confidence in something, is by knowing that we can do something! The only way we can know this is by trying things out...

Get them to pay for something at the till.

Give them responsibilities in the home.

Plan family days out.

Allow them to book something.

Write shopping lists and find the items.

Resilience

Self Esteem

Confidence in your own worth or abilities.

Pride

Acknowledging success in all its forms is really important.

Success looks different for all children. Sometimes, trying something new, doing something independently, going to school or telling the truth are all successes that should be acknowledged.

Allowing and encouraging a child to feel **pride** adds to their bank of evidence that they are capable and worthy.



Self-Esteem

Unconditional love is a key foundation in self-esteem.

Knowing that people in your life will love and accept you **without condition** makes us feel safe to try new things and we fear of failure less.

- Make it clear to children that you love and care for them even when they make mistakes or poor decisions
- Avoid harshly criticising or shaming **them**; criticise the **behaviour**

If you need to express disappointment in behaviour, externalise that behaviour from them:

Instead of: **You** are a naughty boy, **you** cause trouble and **you** make people upset. **You** are not allowed on the PlayStation tonight.

*Try: I will always support you but I'm not happy with **your behaviour** today. **Your behaviour** has disappointed me. I do not think you should be allowed on the PlayStation tonight.*

Focus on the behaviour, not the person.

Resilience

Problem Solving

Thinking, talking, trying and figuring things out is a huge part of resilience.

Rescuing

Because we care about our children, it is a natural instinct to want to solve their problems, remove unwanted feelings or to 'rescue' them from a situation that they are finding challenging.

Where appropriate, we need to encourage children to try to figure out themselves how 'big' a problem is and if there are any solutions that they can find themselves.

This doesn't mean abandoning them! Rather facilitating the problem-solving process.



Resilience

Problem Solving

Encouraging a child to think about how 'big' their problem is can put things into **perspective** for them. It can also encourage **appropriate responses** and **regulate their emotions**.

This can also be used as a **reflective tool** to talk about problems after they have passed.

I am hearing they were mean to you. What could you say to them tomorrow?

That test sounded tough, how might you feel if you don't get the results you want? What could we do next time?

If that happens again tomorrow, what could you do?

How Big Is My Problem?

	What is the cause?	What can be done?
	Big Problem This is an emergency. I'm in danger. I need to go to hospital. Another child is hurt.	Stop and think clearly. Decide on what to do. Move away from the danger. Get help from an adult. Call an ambulance.
	Medium Problem I am hurt or I feel very sick. I have been bullied. I feel like I am losing control. I have hurt another person. Another child is upset.	Ask an adult to help you. Don't allow the bully to upset you. Take time out to calm down. Say you are sorry to the person that you upset or hurt. Be a kind, helpful friend and get help.
	Small Problem The worries are taking over. I am nervous. I feel a little bit sad. I'm hungry or thirsty. I'm feeling tired.	Be positive! Keep things in perspective. Take a deep breath and remember everyone gets nervous or sad sometimes. Share your feelings with a friend. Get something to eat or drink. Have a rest.
	Tiny Problem Something is not quite right. I need a pencil or an eraser. I'm too hot or too cold. I have no-one to play with. I feel a bit jealous.	Try to solve your own problem. Take off or put on your jacket. Look for friends and ask them if you can join their group. Remember you can't have everything you want. Talk about how you feel.
	No Problem Everything is going well. I can do my school work. I'm playing with my friends. I'm having fun.	Enjoy yourself! Be kind and sensible. Learn as much as you can. Look around to see if anyone looks a bit lonely and invite them to play with you.

Modelling Resilience

Rescuing – reflect together

What could you have done instead?

How big is this problem?

What could you do next time this happens/you feel this way?

Is there anything you wish to say about it?

What do you want me to know/do?

How can we make sure this doesn't happen again?

Modelling Resilience

How big is my problem?

My 5-Point Scale

5	I can't stand this and ready to explode. I want to hit or kick someone, or throw something. I need an adult to help me go to help me go to a safe place so I can calm down.	
4	I am getting too angry. I am starting to clench my hands and my face feels hot. I need to go to my safe place to calm down.	
3	I am getting frustrated. I need to walk away from a bad situation. I will tell my teacher that I need a break.	
2	I am doing OK. I am not happy, but I am upset. I can stay where I am and keep working. I can control my anger by myself.	
1	I am doing great. I feel good about myself and about what is going on around me.	

Created by Miss Kinnear. Clipart by Malibu and Colorful Design. This is free.

Size of My Problem → **Size of My Reaction**

My Problem	10	9	8	7	6	5	4	3	2	1	What I did	Emotion Words
Big: Adults need to solve		B	I	G								Really... Scared Hurt Upset Worried
Medium: Someone needs to help me (often adults)		M	E	D	I	U	M					Worried Frustrated Confused Sad Mad
Small: I can solve myself		S	M	A	L	L						A little... Worried Annoyed Sad

HOW BIG IS MY PROBLEM?



5	Emergency Examples: earthquake, fire, car accident	I can Get a grown up, call 911
4	Gigantic Problem Examples: I am bleeding, have a headache, am sick to my stomach	I can Feel scared or upset. Ask a grown up for help.
3	Big Problem Examples: lost or broke something	I can Feel sad or frustrated, deep breath and count to 10, ask for help.
2	Medium Problem Examples: Forgot my homework, don't understand the instructions.	I can Feel worried or confused, raise my hand and ask for help.
1	Small Problem Examples: Shoe is untied, dropped something, not first in line.	I can Feel annoyed, fix the problem, wait my turn
0	No Problem Everything is wonderful, I have nothing to complain about.	I can Feel happy and have a great day.

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Resilience

Problem Solving

Try 'How?' not 'Why?'

Being solution-focused

Rather than:

“**Why** did you paint your sister’s face yellow?”

Try:

“I can see you painted your sister’s face yellow.

How can you solve this/make this better?”

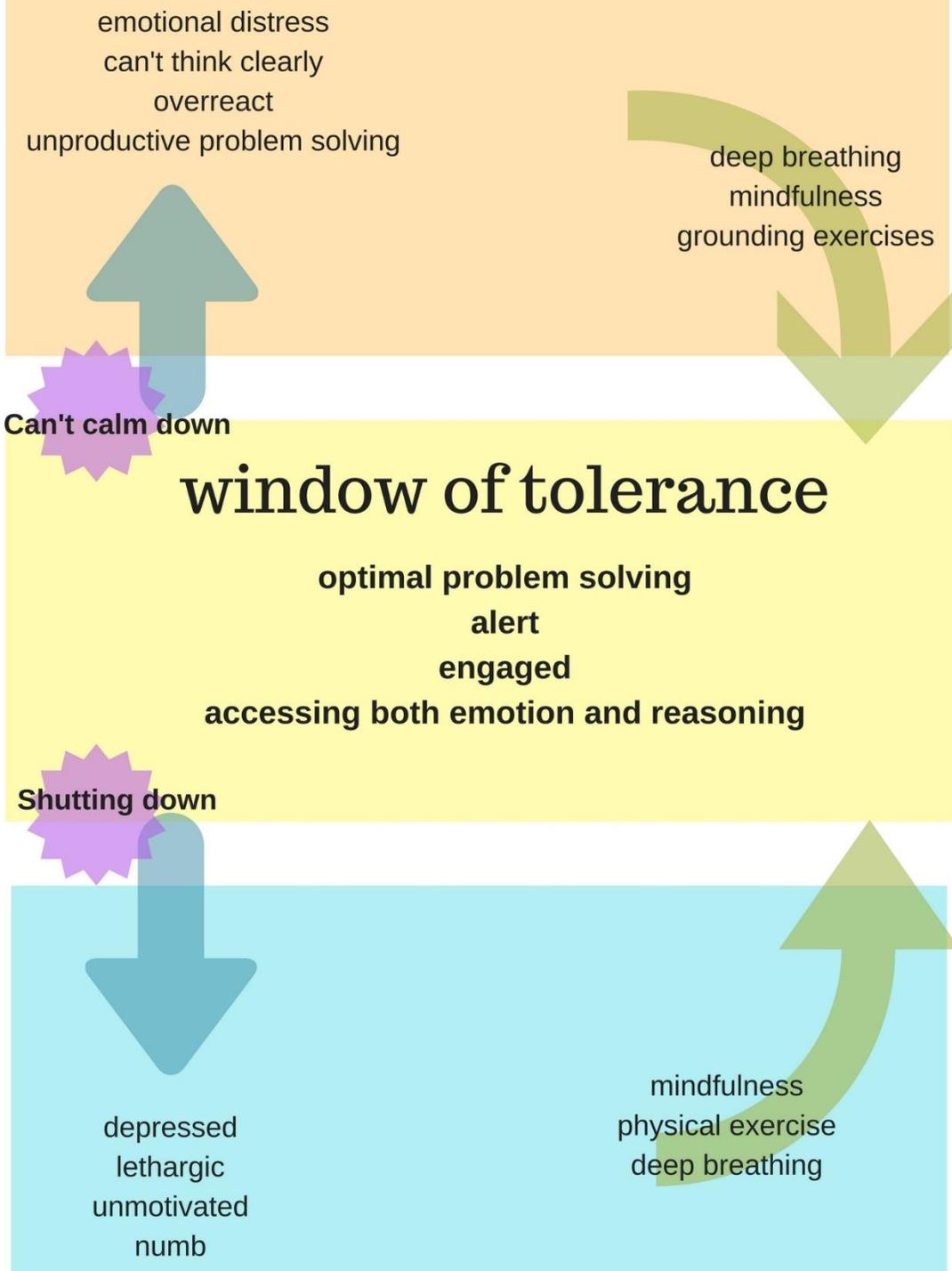


Distress Tolerance

We need to allow children to 'sit with' their unwanted feelings in order to build a **tolerance** to them.

If we remove all unwanted feelings at the first signs of them, this can lower their resilience and make children quickly move out of their window of tolerance.

Sometimes we need to self-reflect and think about how willing **we** are to allow our children to experience appropriate levels of distress.



Resilience Distress Tolerance

Stress is a natural and inevitable part of childhood.

POSITIVE

Brief increases in heart rate,
mild elevations in stress hormone levels.

TOLERABLE

Serious, temporary stress responses,
buffered by supportive relationships.

TOXIC

Prolonged activation of stress
response systems in the absence
of protective relationships.

**Positive
relationships and
resilience act as
protective factors
for all types of
stress.**

Resilience Distress Tolerance

Stress is a natural and inevitable part of childhood.

Distress tolerance skills allow CYP to survive emotional distress.

Grounding Techniques

To help create space from distressing feelings
(Chapman et al., 2011).



Relaxation Techniques

To help self-soothe overwhelming emotions, through progressive muscle relaxation or deep breathing
(Lineham, 2014).

Radical Acceptance

An 'it is what it is' attitude towards aspects that are out of your control
(Brach, 2003).

it is
what
it is

Resilience

Relationships

Relationships act as rings of resilience. They show children that they are not alone, they are worthy of love and that they are a part of a wider community.

Children have so many relationships in their lives. Parents/carers, wider family, friends, teachers, neighbours and even pets.

All of these show children how to communicate, behave, express emotion and give them confidence to explore the world.

Relationships add to a child's self-esteem by showing them they are valued and cared about.

Relationships add to resilience as the connection with others shows they are not alone in their challenges.



Resilience

Relationships

Relationships act as rings of resilience. They show children that they are not alone, they are worthy of love and that they are a part of a wider community.

Models of Resilience

All of the relationships in a child's life act as a model of how to respond to challenge, change, stress, worry and disappointment.

Trying our best to have a 'can do' attitude, be optimistic and to 'keep going' even though something is hard can show children how to be resilient.

Being age-appropriately open and honest about things being hard can also show children that everyone has hard times but we are resilient.



Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.



Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.

"I won't fall... maybe I will. That's okay... 'cause we all fall"



Resilience

Self Talk

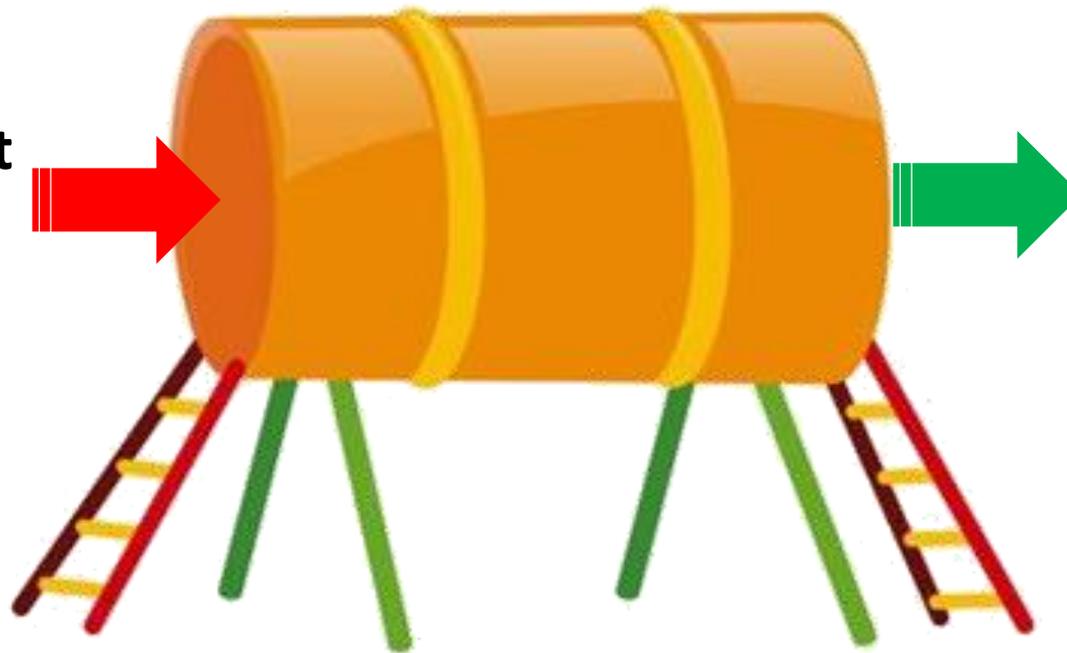
A child's inner-monologue can hugely impact their overall wellbeing.



19 Actionable Tips to Teach Positive Self-Talk to Kids

Positivity Tunnel

I'm so stupid, I got
so many answers
wrong!



I'll learn from my
mistakes and keep
trying!

Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.



I AM
I CAN
I WILL
I DO



Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.

Let them know you trust their capacity to cope.

We don't want them to become reliant on this, as this can lead to reassurance seeking behaviours. However, knowing that someone you love believes in you is powerful!

I know you will do your best no matter what.

You will figure it out!

You've got all the skills you need to do it on your own.

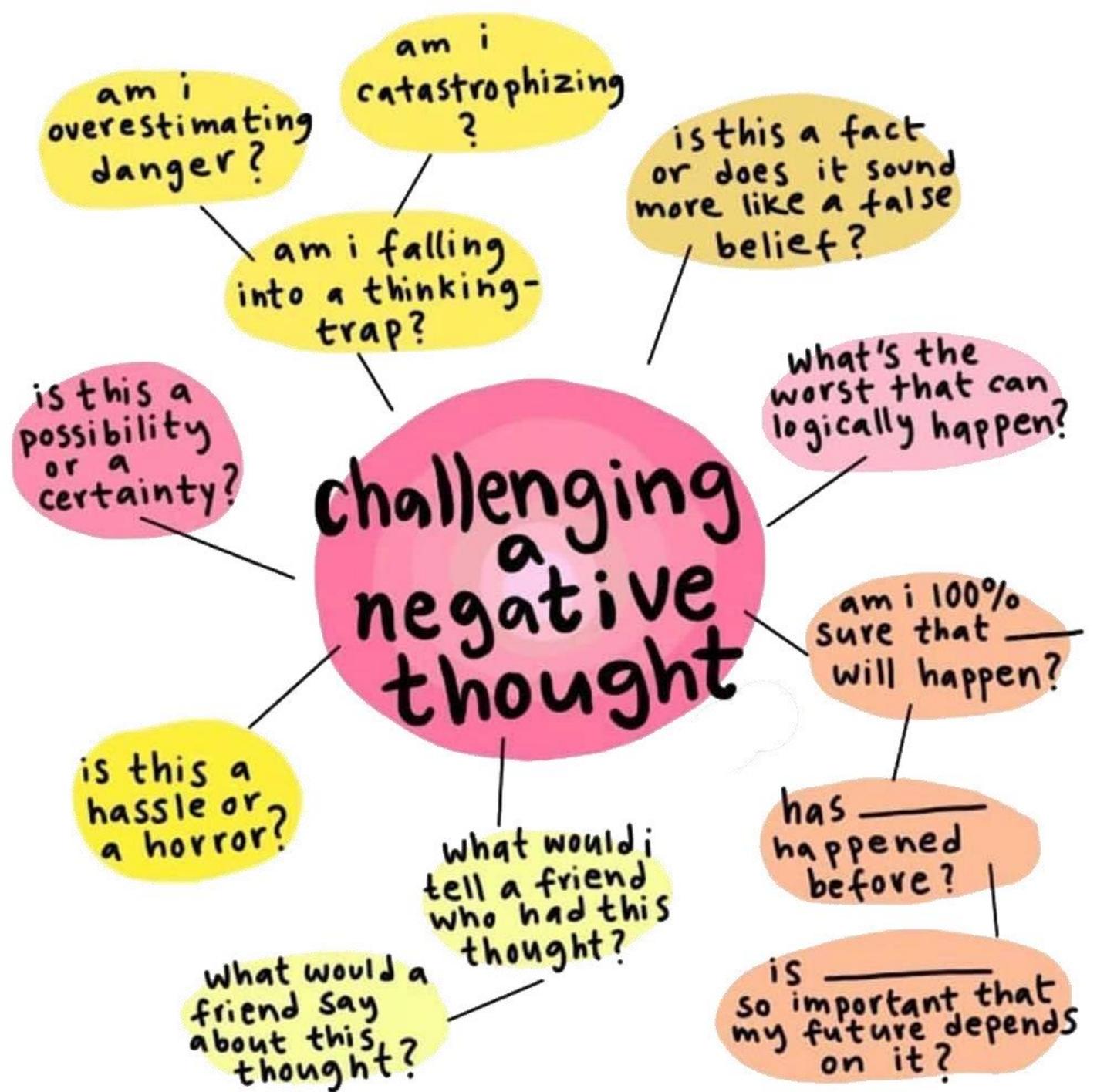
You can solve whatever problem comes your way.



Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.



Self-talk is Powerful

POSITIVE SELF-THOUGHTS

Whenever you feel bad about yourself, what are positive thoughts that can help you feel better?

The worksheet includes six empty thought bubbles for writing positive thoughts. At the bottom right, there is a circular 'Positive Self-Talk Wheel' with 12 segments, each containing a prompt for positive self-talk. A white arrow points to the center of the wheel.

POSITIVE SELF-TALK WHEEL

- I look forward to...
- this makes me unique...
- I feel strong when...
- this week I accomplished...
- I accept myself for...
- I had fun when...
- I am relaxed when...
- a quality I am proud of is...
- I did my best to overcome...
- today I am grateful for...
- I feel strong when...
- I look forward to...

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healthy Self-Talk



THIS

NOT THAT

✓ Whoops. I made a mistake.

✗ I'm so dumb.

✓ I like me.

✗ No one likes me.

✓ I did something bad.

✗ I'm a bad person.

✓ This is really hard, but I'm going to keep trying.

✗ I give up. I'll never be able to do this.

✓ I haven't figured it out...yet.

✗ I never get anything right.

Make it Explicit

SELF WORTH

I AM

- Resilient
- Confident
- Strong
- Independent
- Peaceful
- Hopeful
- Responsible
- Kind
- Worthy
- Helpful
- Capable
- Dependable
- Supportive
- Accepted
- Creative
- Unique
- Positive
- Generous
- Empowered
- Friendly
- Secure
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- Good
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What Can I Say Instead?

If you change your words, you can change your mindset! Mindset is important in helping you build your confidence and reach your goals. Use this worksheet to practice changing the words you say to yourself when you're feeling discouraged. Which of these do you say?

This is too hard for me!

I'll never be good enough!

I made a mistake. I should quit!

Everyone else can do it except for me!

There's no point. I give up!

I've never been good at anything in my life!

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Self Esteem Activities

"I like to learn about being a better reader"

"I am a good friend because... I stand up for my friends"

"I like to eat... blueberry muffins"

"I like to... ride my bike On the weekends!"

"I am really good at... singing"

"I am important!"

This is a picture of me!

I Can Send Positive Messages To Myself!

Directions: Draw a picture of your self in the box below. Choose cards heart messages from the next page to remind you of how special you are! Use the empty hearts to write in your own positive messages. Cut out the hearts and glue/tape them onto your picture of yourself!

You Are Special!

I believe in you!

The world is better with you in it!

You are smart!

You Matter!

My Name is: Ms. Chelsey

Recipe For Me

Add 2 cups of reading to a large bowl.
Something you like to do

Mix with 3 tablespoons of being smart.
Something you like about yourself

Then add 3 tablespoons of language arts and mix well.
Your favorite school subject

Combine with 1 cup of sincerity.
What makes you a good friend

Add one teaspoon of singing.
Something you are good at

Finish with a dash of pink sprinkles.
Your favorite color

Resilience

Change your words

Change your **Mindset!**

I give up.

I can't do math/
science/social
studies/reading.

I am awesome at
this!

I can't make this
any better.

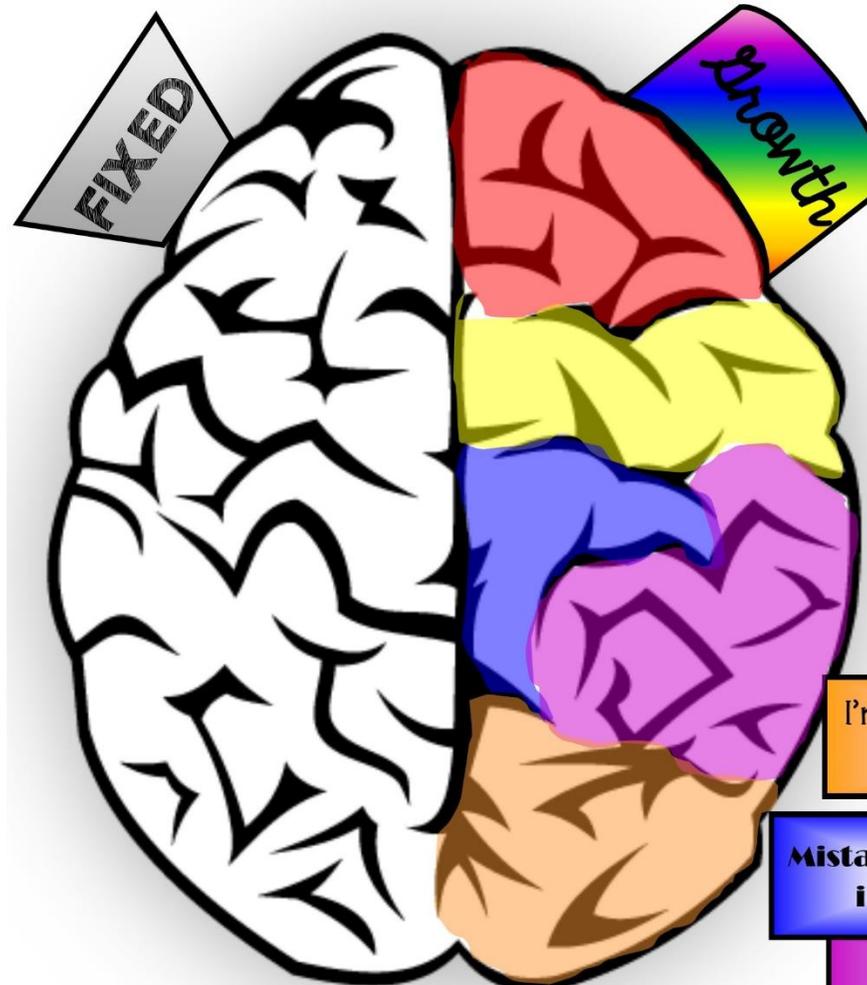
I made a mistake!

I'm never gonna be
as good as him/her.

This is too hard.

I'm not good at
this.

It's good enough.



- I AM GOING TO TRAIN MY BRAIN IN MATH/SCIENCE/SOCIAL STUDIES/READING!!
- Is this really my best work?
- This may take some time and effort.
- What am I missing?
- I'll use some of the strategies I've learned.
- I'm going to figure out what he/she does and try it!
- Mistakes help me improve.
- I'm on the right track!
- I CAN ALWAYS IMPROVE; I'LL KEEPING TRYING!

Resilience

Self Talk

Sometimes, externalising the positive voice can make it easier for children to come up with an alternative point of view.



What would the
Positive Parrot
say?

Modelling Good Self-esteem



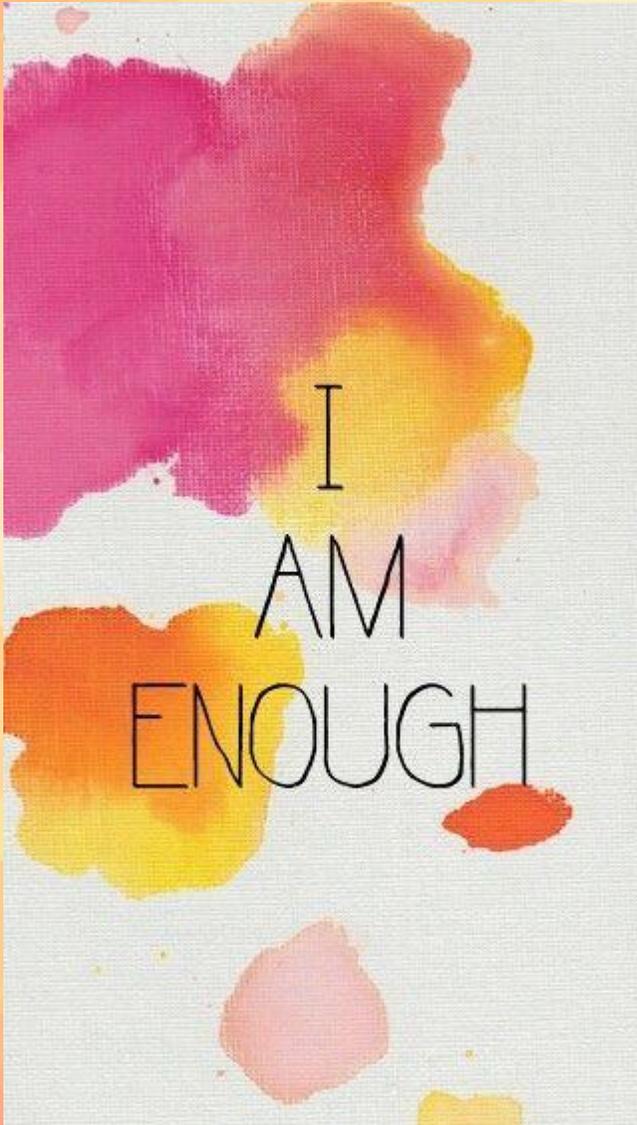
I knew this was going to happen, I always burn the dinner. I'm useless!

Look at next door's car! I'll never have a car like that. My car's pathetic.



There's no point going for that new job. I know I won't get it.

Modelling Good Self-esteem



Using language that isn't self-critical and **'looks on the bright side'** models to children how we want them to approach challenges that they have in their own life and/or with their self-esteem.

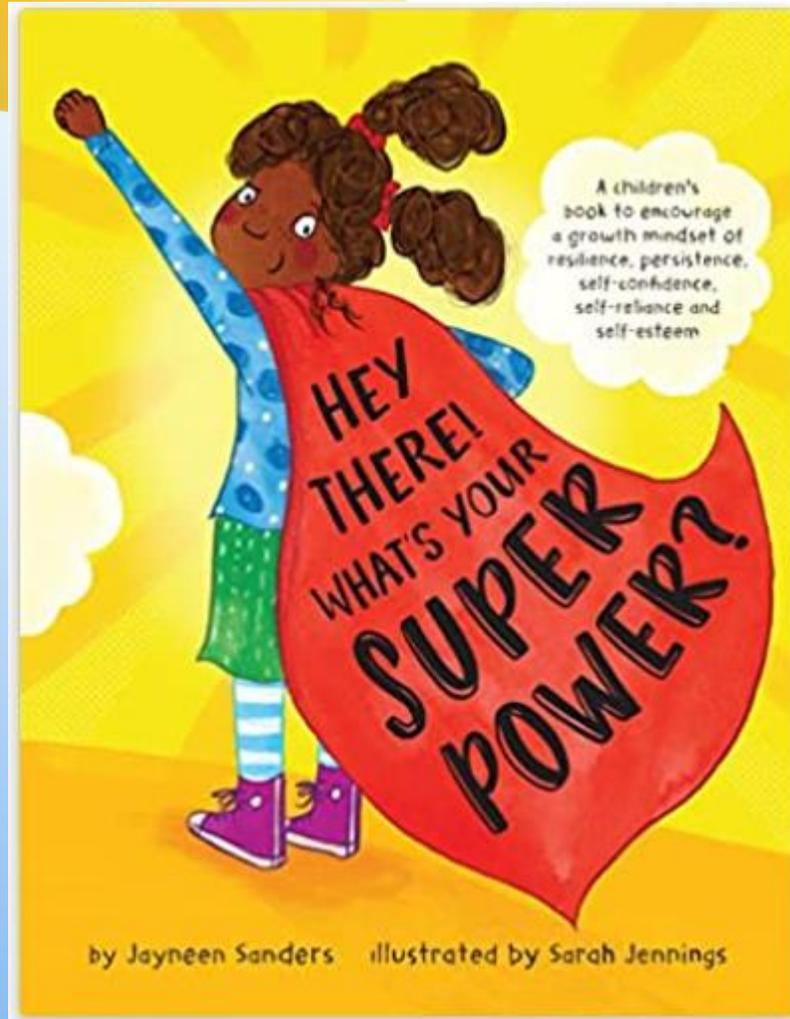
I feel great in my new jacket.

I can do this.

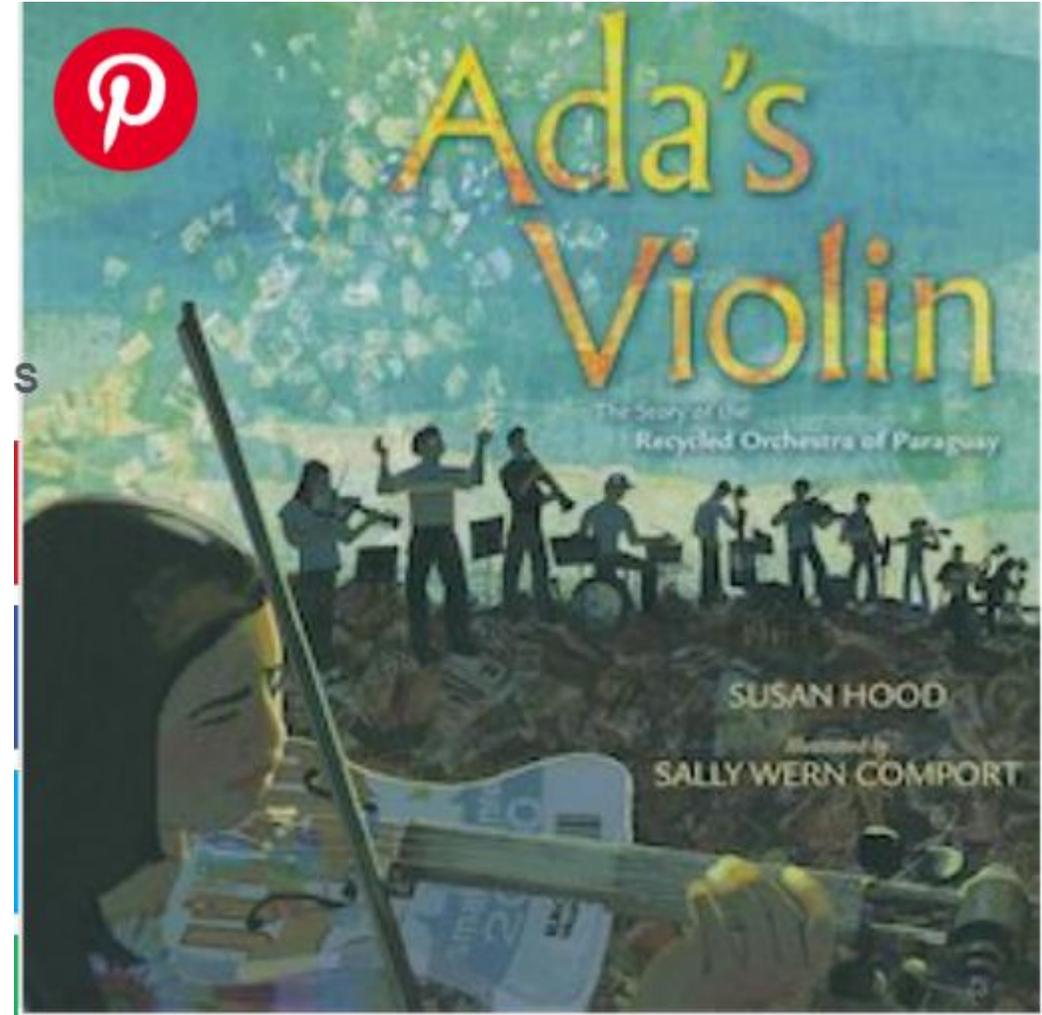
I need to try again!

I'm so proud of the cake I made for us.

Resilience



Jayneen Saunders 5-9 years



Susan Hood 9 years+

Resilience



Floella Benjamin **9+ years**



**Picture Books about
Overcoming Challenge
with Resilience**

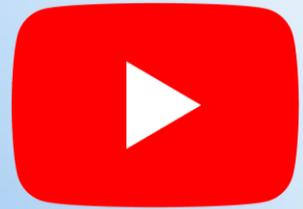
Resilience



#resilience #persistence #kidsbookreadaloud

 Resilience: A book to Encourage Resilience, Persistence

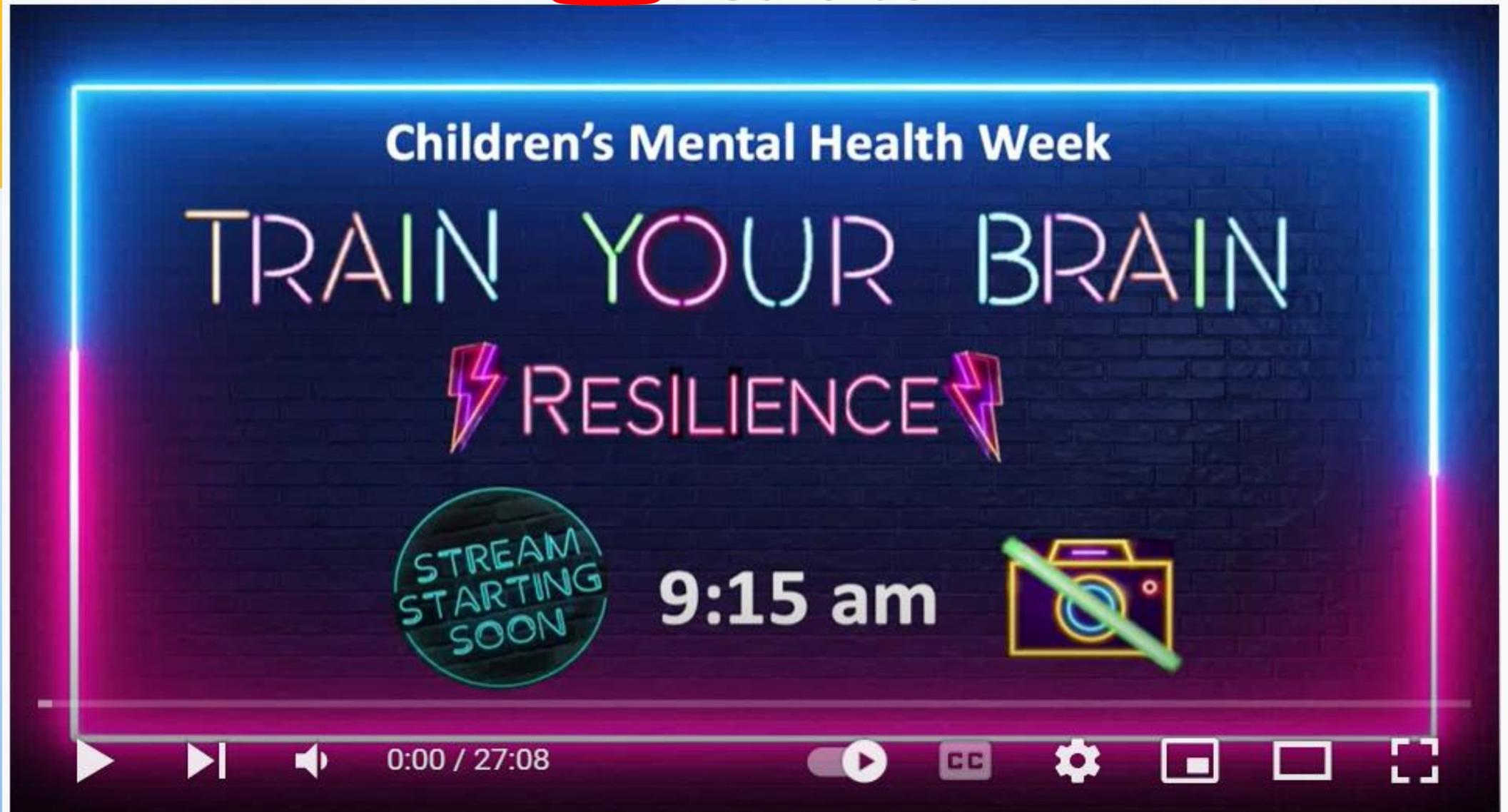
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YouTube



Read Aloud: I Won't Give Up | Daniel Kenney



Building Resilience in Children - Train Your Brain



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