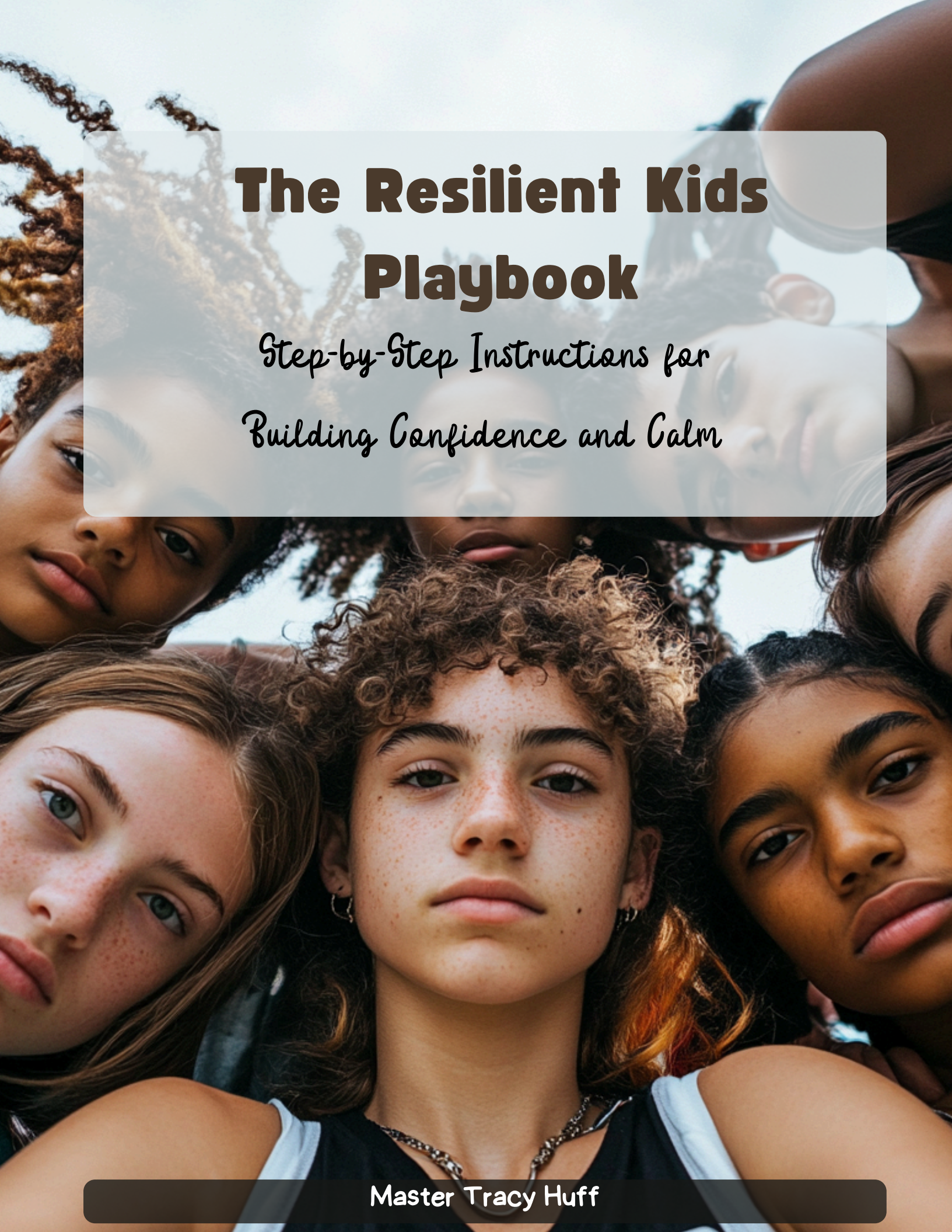


A close-up, low-angle shot of a group of diverse young people, including teenagers and young adults, looking upwards towards the camera. The image is the background for the entire page. In the center, there is a semi-transparent white rectangular box containing the title and subtitle. At the bottom, there is a dark grey horizontal bar containing the author's name.

The Resilient Kids Playbook

*Step-by-Step Instructions for
Building Confidence and Calm*

Master Tracy Huff

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

How to Use This Playbook:

Welcome to The Resilient Kids Playbook: Your Companion to Raising Confident, Calm Kids! This playbook is designed to be a step-by-step guide that breaks down each part of the Raising Resilient Kids Checklist, making it easy to follow and implement.

YOU DON'T HAVE TO DO EVERYTHING AT ONCE. JUST PICK ONE STEP THAT FEELS RIGHT FOR YOUR FAMILY AND START THERE. SMALL CHANGES CAN MAKE A BIG IMPACT. OVER TIME, AS YOU SEE POSITIVE RESULTS, YOU CAN ADD MORE STEPS AND BUILD RESILIENCE IN YOUR CHILD EVERY DAY.

HERE'S WHAT YOU'LL FIND INSIDE:

- SIMPLE, ACTIONABLE INSTRUCTIONS FOR EACH STEP OF THE CHECKLIST.
- PRACTICAL TOOLS YOU CAN START USING RIGHT NOW TO SUPPORT YOUR CHILD'S EMOTIONAL GROWTH.
- TIPS AND TRICKS TO MAKE THESE ROUTINES WORK FOR YOUR FAMILY.

HOW TO GET STARTED:

1. CHOOSE ONE ROUTINE FROM THE CHECKLIST THAT FEELS MANAGEABLE TO IMPLEMENT FIRST—WHETHER IT'S MORNING GRATITUDE, A MINDFUL BREATHING EXERCISE, OR BEDTIME REFLECTION QUESTIONS.
2. FOLLOW THE CLEAR, STEP-BY-STEP INSTRUCTIONS PROVIDED FOR THAT ROUTINE IN THIS PLAYBOOK.
3. WATCH THE POSITIVE CHANGES IN YOUR CHILD'S CONFIDENCE, RESILIENCE, AND EMOTIONAL WELL-BEING!

REMEMBER, BUILDING RESILIENCE IS A JOURNEY. START SMALL, STAY CONSISTENT, AND YOU'LL BEGIN TO SEE POWERFUL TRANSFORMATIONS IN YOUR CHILD.



GRATITUDE JAR INSTRUCTIONS



The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

GRATITUDE JAR INSTRUCTIONS

The Gratitude Jar is a fun and powerful tool to help your child (and the whole family!) focus on the positive things in life. By regularly recognizing what you're grateful for, you and your child can shift focus away from frustrations and build a stronger, more optimistic mindset. How to get started:

Step 1: Gather Materials for the Gratitude Jar

You don't need anything fancy to start this activity—just a few basic supplies:

- A jar: Any jar will work—an old mason jar, a cleaned-out pasta jar, or a vase. If you don't have a jar, a small box or a bowl will do.
- Slips of paper or sticky notes: Small pieces of paper for writing down your gratitude thoughts. You can cut up paper into squares or use colorful sticky notes to make it more fun.
- Pens or markers: Keep them near the jar so it's easy to write your gratitude notes.
- Optional decorations: You and your child can have fun decorating the jar with stickers, ribbons, or a label like "Our Gratitude Jar" to personalize it.

Step 2: Explain the Gratitude Jar to Your Child

Introduce the concept in a way that's easy for your child to understand. You might say something like:

- "Every day, we're going to take a moment to think about something we're thankful for—something good that happened, something that made us happy, or even a small thing we enjoyed. We'll write it down and put it in this jar. Over time, our jar will fill up with all the good things in our life!"

Make sure your child knows that they can be grateful for anything—big or small. It could be a friend, a toy, a fun moment at school, or even something as simple as the sunshine.

Step 3: Choose a Time for Your Gratitude Practice

Pick a time of day when your family can consistently add to the jar. The key is to make it part of your routine so it becomes a habit. Here are a few suggestions:

- Morning: Start the day with a positive mindset. You can add something you're already thankful for or something you're looking forward to that day.
- After school: Reflect on the day's events and write down something positive that happened.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

GRATITUDE JAR INSTRUCTIONS

- At dinner: Each family member can share one thing they're grateful for, then write it down and add it to the jar.
- Before bedtime: Wind down by reflecting on a positive moment from the day. It's a great way to help your child end the day on a happy note. could go to the park."

Step 4: Write Down Your Gratitude

Now it's time to start filling the jar! Each day, have your child (and yourself) write down something you're grateful for. If your child is too young to write, they can tell you what they're thankful for, and you can write it for them.

What to write on the paper:

- Keep it short and simple. For example:
 - "I'm thankful for playing outside with my friends today."
 - "I'm grateful for the yummy pancakes at breakfast."
 - "I'm thankful for my mom reading me a story at bedtime."
 - "I'm grateful for the sunny weather so we could go to the park."

Encourage your child to be as specific as possible. The more detailed they are, the more meaningful the practice becomes. Instead of just saying "I'm grateful for my toys," they could say, "I'm grateful I got to play with my new train set."

Once it's written down, fold the paper and drop it into the jar. If you have multiple family members participating, everyone can add their gratitude notes together at the same time.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

GRATITUDE JAR INSTRUCTIONS

Step 5: Make It Fun

The more fun you make the process, the more likely your child will engage with it. Here are a few ideas to keep it exciting:

- Use colorful paper or pens: Let your child pick out their favorite color paper or marker to write down their gratitude each day.
- Decorate the jar together: Allow your child to add stickers, paint, or any decorations they like to make the jar their own. This can be a fun bonding activity in itself!
- Decorate the jar together: Allow your child to add stickers, paint, or any decorations they like to make the jar their own. This can be a fun bonding activity in itself!
- Add drawings: If your child isn't in the mood to write, or if they're too young, encourage them to draw a picture of what they're thankful for instead of writing it.

Step 6: Review Your Gratitude

Over time, your jar will fill up with notes of gratitude. Set aside time every few weeks or once a month to go through the jar and read some of the notes out loud. This can be a special family moment, especially during tough times when a reminder of positive moments is needed.

For example:

- At the end of each week: Take a moment to pull a few slips out of the jar and read them together. It's a great way to reflect on the positive moments you may have forgotten.
- On holidays or special occasions: Make it a tradition to open the jar on special days, like Thanksgiving or a family member's birthday, and celebrate the things you've been thankful for over the past weeks or months.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

GRATITUDE JAR INSTRUCTIONS

Step 7: Keep It Consistent (But Low-Pressure)

Like any new routine, the key to success is consistency, but don't worry if you miss a day. Remind your child that gratitude isn't a chore, but a fun and relaxing way to think about the good things in life.

If your child gets bored or starts to lose interest, try switching up the timing or adding new fun elements to the activity—like using different color papers or making a new jar each season.

Step 8: Use Gratitude to Overcome Tough Moments

Gratitude is especially powerful during challenging times. If your child is feeling upset, frustrated, or anxious, encourage them to pause and write down one thing they're thankful for, even in the midst of difficulty. It doesn't have to solve the problem, but it can help shift their mindset and remind them that there's always something good to focus on.

For example:

- If they're upset about a disagreement with a friend, they might write, "I'm grateful for my other friends who help me feel better."

If they had a tough day at school, they could say, "I'm grateful I get to come home and relax."

Over time, this practice teaches them resilience and the ability to find silver linings, even in challenging situations.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

GRATITUDE JAR INSTRUCTIONS

TIPS FOR SUCCESS

Lead by example:

Be consistent in writing your own gratitude notes. When your child sees you doing it, they'll be more likely to follow.

Keep it visible:

Place the jar somewhere in the house where everyone can see it—a spot in the kitchen, living room, or your child's bedroom.

Be patient:

If your child struggles to think of something they're grateful for at first, that's okay! You can gently prompt them by asking questions like, "What was something that made you smile today?" or "Was there a part of your day that made you feel happy?"

Celebrate progress:

As your jar fills up, remind your child how awesome it is that they've been practicing gratitude. Celebrate their efforts and the positivity they're cultivating.

REMEMBER

The Gratitude Jar is more than just a fun craft—it's a tool that helps shift your child's focus toward the positive and build emotional resilience over time. By making it part of your daily routine, you'll help your child develop a habit of gratitude that will serve them throughout their life.

LOVE
YOURSELF
♡

BELIEVE
&
ACHIEVE

DON'T
WORRY
BE HAPPY

DAILY AFFIRMATIONS FOR KIDS

YOU ARE
STRONGER
THAN
YOU THINK

NEVER
GIVE UP

HAVE
A GOOD
DAY!

YOU
CAN
DO
IT

BE
YOURSELF

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

DAILY AFFIRMATIONS FOR KIDS

Daily affirmations are a simple but powerful way to help your child develop a strong, positive mindset. By repeating affirmations, your child can build self-esteem, reduce self-doubt, and start the day with confidence.

Here's how to get started:

Step 1: Choose a Time

Pick a specific time each day for your child to say their affirmation. This can be during breakfast, while getting ready for school, or as part of a morning routine. Choose a time when your child is calm and focused, but not rushed. You can even say affirmations on the way to school!

Step 2: Pick the Right Affirmations

Use the list of affirmations in this playbook, or create your own that resonate with your child. Keep them simple and age-appropriate. Here are a few examples:

"I am strong, brave, and capable of anything."

"I am a good friend, and I am kind to others."

"I can handle challenges and learn from them."

"I am loved, and I love myself."

You can either have your child pick a new affirmation each day, or stick with one for a whole week to reinforce the message.

Step 3: Model the Affirmation

Before asking your child to say the affirmation, model it yourself. Say it with confidence and conviction, and show them how it's done. This helps them understand how to say it meaningfully, rather than just rushing through the words.

Step 4: Say the Affirmation Together

Stand or sit together and say the affirmation out loud. Make sure your child says it clearly and confidently. You can encourage them to say it in front of a mirror, which helps them see themselves while reinforcing the positive message.

If they feel shy or uncertain, you can start by saying it with them. For example:

- Parent: "Let's say it together—'I am strong and capable.'"
- Child: "I am strong and capable."

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

DAILY AFFIRMATIONS FOR KIDS

Step 5: Make It Fun

To keep the practice light and engaging, you can:

- Turn it into a game: Challenge them to say their affirmation in different silly voices (like a robot voice or superhero voice).
- Use props: Hold up a card with the affirmation on it, or have them write their affirmation on a chalkboard, whiteboard, or sticky note.
- Involve the whole family: Get siblings or even you as a parent to join in. The more, the merrier!

Step 6: Encourage Reflection

After your child says their affirmation, take a moment to reflect on it. Ask them how it makes them feel to say something positive about themselves. This helps them internalize the message and understand its importance. For example:

- "How do you feel after saying 'I am strong'?"
- "Why do you think it's important to remind yourself of that?"

Step 7: Be Consistent

Consistency is key to making affirmations effective. Encourage your child to say their affirmation every day, even on weekends. The more they practice, the more they'll start to believe the positive messages. If your child struggles with self-doubt or anxiety, remind them that affirmations are a tool to help their brain think in new, empowering ways.

Step 8: Celebrate Their Effort

Every time your child completes their affirmation, give them positive reinforcement. Praise their effort and remind them how awesome it is to build these positive habits. You could say:

- "Great job! Saying your affirmation is like exercising your brain—it makes it stronger!"
- "I'm so proud of you for speaking kindly to yourself."

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

DAILY AFFIRMATIONS FOR KIDS

TIPS FOR MAKING AFFIRMATIONS STICK

Create a Visual Reminder:

Post the daily affirmation on the fridge, bathroom mirror, or your child's bedroom door so they can see it throughout the day.

Change It Up:

Every few days or each week, switch the affirmation to keep it fresh and meaningful.

Lead by Example:

Share your own affirmations with your child. Let them see you practicing positive self-talk too.

Use During Tough Moments:

Encourage your child to use affirmations during stressful situations. For example, if they're nervous about a test, remind them to say, "I am capable, and I can do my best."

REMEMBER

Affirmations are like seeds—planting them daily will help your child grow a strong, confident mindset over time. Stick with it, be patient, and soon you'll see your child start to believe in themselves in new and empowering ways.

1-MINUTE BREATHING EXERCISE



The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

1-MINUTE BREATHING EXERCISE

This 1-minute breathing exercise is a quick, easy way to help your child calm their mind, manage big emotions, and refocus when they're feeling overwhelmed or anxious. It's also a great tool to build mindfulness—something they can use throughout their life. Here's how to get started:

Step 1: Find a Quiet, Comfortable Spot

To help your child focus, start by finding a quiet, distraction-free space. It could be a cozy spot on the floor, sitting on a bed, or even at the kitchen table—wherever your child feels comfortable.

- Make it special: You can create a “calm corner” in your house for mindfulness exercises. Put a comfy pillow or a small mat there to make it inviting.

If you can't find a quiet space, that's okay too! This breathing exercise can be done anywhere—even in a busy place like the car or a waiting room.

Step 2: Explain the Breathing Exercise to Your Child

Introduce the idea of mindful breathing by explaining it in a simple way:

- For younger kids: “When we take slow, deep breaths, it helps our body and brain feel calm, like we're pressing a pause button.”
- For older kids: “Breathing slowly helps calm our nervous system, and it's something we can do whenever we feel stressed or need a break.”

Encourage your child to think of this breathing exercise as a superpower—something they can use whenever they need a little help calming down or focusing.

Step 3: Model the Breathing Technique

Before jumping in, demonstrate the breathing technique yourself so your child understands what to do.

- Breathe in slowly through your nose for a count of 4.
- Hold the breath for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- Wait for a count of 4 before the next breath.

Let your child see and hear you doing this calmly and slowly. You can use your fingers to count silently, or tap gently on your lap for each count to help them follow along.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

1-MINUTE BREATHING EXERCISE

step 4: Practice Together

Now it's time to practice! Sit down with your child and do the breathing exercise together. Here's a simple way to guide them:

1. Sit comfortably: Sit cross-legged or with feet flat on the floor. Let them rest their hands in their lap or on their knees.
2. Breathe in through the nose (count of 4): "Breathe in slowly... 1... 2... 3... 4."
 - Tip: Imagine you're smelling a beautiful flower or blowing up a balloon.
3. Hold the breath (count of 4): "Hold... 1... 2... 3... 4."
 - Tip: Encourage your child to imagine they're holding something precious in their lungs, like a bubble.
4. Breathe out through the mouth (count of 4): "Breathe out slowly... 1... 2... 3... 4."
 - Tip: Tell them to imagine blowing out a candle slowly, so it doesn't go out too quickly.
5. Wait before the next breath (count of 4): "Pause for a moment... 1... 2... 3... 4."
 - Tip: Explain that this short pause gives their body a moment to relax before starting the next breath.

Repeat this pattern 3 times to complete the 1-minute exercise. You can count out loud or silently, depending on what works best for your child.

Step 5: Make It Fun

Breathing exercises don't have to feel boring or like a chore. Add a playful element to keep your child engaged. Here are some ideas:

- Use visuals: Ask your child to imagine their favorite animal breathing in and out, or picture their breath as waves on the beach—coming in, holding, then flowing out.
- Count with fingers: For younger kids, help them count by holding up fingers. Each time you breathe in or out, raise a finger to show the count.
- Use a breathing buddy: Give them a small stuffed animal to place on their belly. As they breathe in and out, the stuffed animal will rise and fall, helping them visualize deep, slow breaths.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

1-MINUTE BREATHING EXERCISE

Step 6: Encourage Regular Practice

Encourage your child to use this breathing exercise daily, even if they're not feeling particularly stressed. The more they practice, the more effective it becomes. Here are a few times they can use it:

- In the morning to start the day calmly.
- Before school to reduce nerves or stress.
- After school to unwind and decompress.
- Before homework to improve focus.
- Before bed to help relax and get ready for sleep.

You can say, "Let's take a minute to breathe together," and do it with them. Even just one minute can make a big difference in helping them regulate their emotions.

Step 7: Use It in the Moment

Teach your child that this breathing exercise is their go-to tool when they feel overwhelmed, frustrated, or anxious. You can prompt them by saying, "Let's pause and take a few deep breaths," or "It sounds like a good time to use your superpower breathing."

Here are some examples of when to use it:

- During a tantrum or meltdown: Encourage them to stop and breathe before reacting.
- Before a big event or test: Help them calm nerves with a few rounds of slow breathing.
- When feeling frustrated: If they're struggling with something difficult, remind them to take a break and breathe to reset.

Step 8: Reflect on the Experience

After finishing the breathing exercise, take a moment to ask your child how they feel:

- "Do you feel calmer?"
- "What was it like to slow down and breathe?"
- "Did you notice anything about your body or mind?"

This reflection helps them become more aware of their feelings and reinforces how breathing can help them manage their emotions.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

1-MINUTE BREATHING EXERCISE

Tips for Making the 1-Minute Breathing Exercise Effective

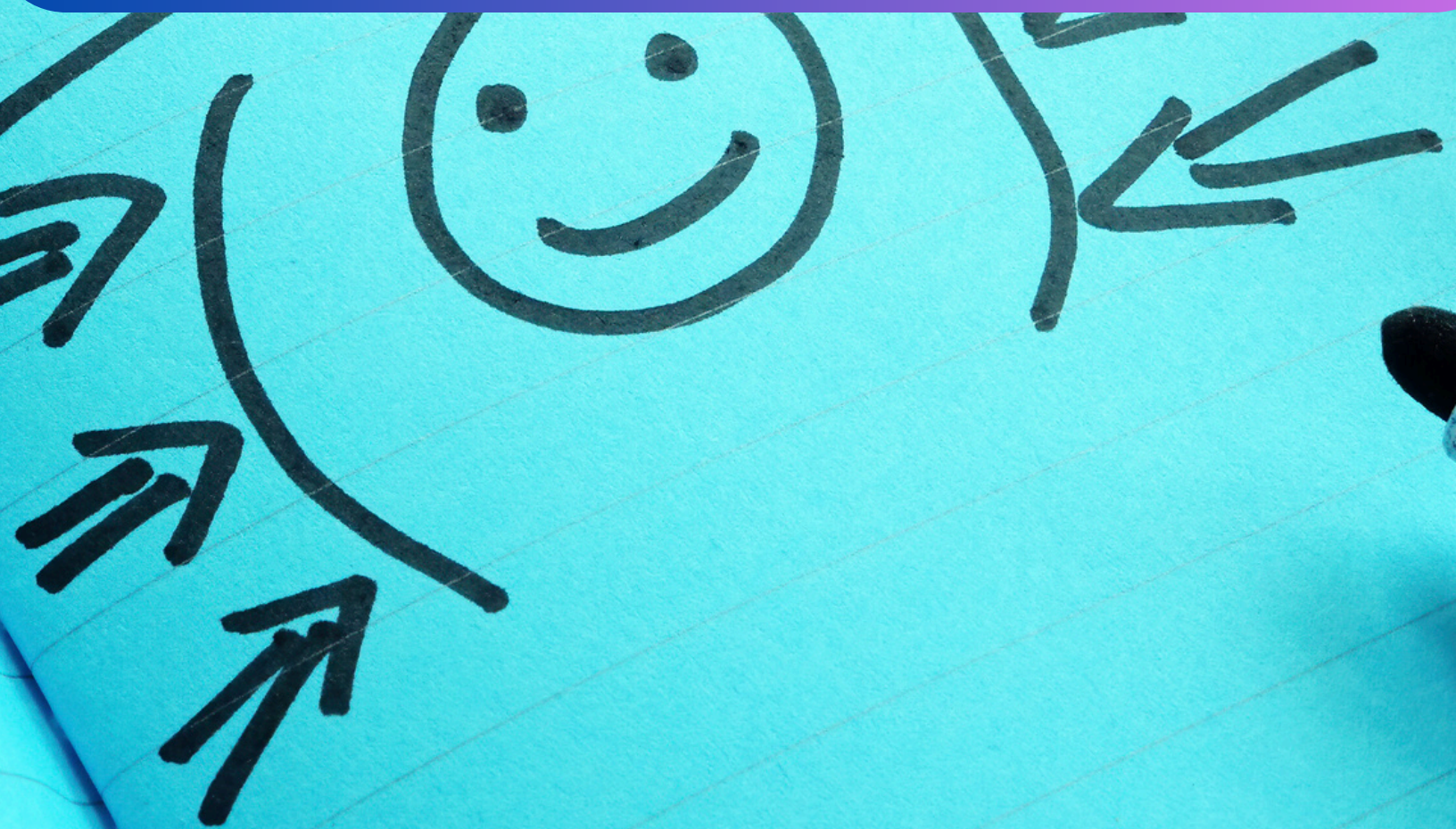
- Practice often, even when calm: The more your child practices when they're not upset, the easier it will be for them to use it during stressful moments.
- Stay consistent: Add this exercise to your daily routine to build mindfulness and emotional regulation over time.
- Keep it positive: Praise your child for trying, even if they're struggling. Say things like, "You're doing a great job practicing your calm breathing."
- Model the behavior: Show your child that breathing exercises help adults too. Do it together, especially when you need to calm down or reset.

REMEMBER

This 1-minute breathing exercise is like a "reset button" your child can use anytime they feel overwhelmed, anxious, or need to refocus. It's a simple, powerful tool that can help them regulate their emotions and build lifelong resilience.

Resilience

RESILIENCE-BOOSTING ACTIVITIES



The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

RESILIENCE-BOOSTING ACTIVITIES

Building resilience isn't just about teaching your child to "toughen up" when things get hard. It's about giving them the tools to solve problems, bounce back from challenges, and see themselves as capable, confident individuals. These resilience-boosting activities are designed to be fun, creative, and low-pressure, making it easy to nurture resilience in your child without it feeling like a chore.

Here's how to get started:

Activity 1: Obstacle Course Adventure

Goal: Teach problem-solving and perseverance in a playful way.

What You'll Need:

- Pillows, cushions, chairs, boxes, or any household items to create "obstacles."
- Space to set up an obstacle course (living room, backyard, etc.).

How to Do It:

1. Set up an obstacle course: Use whatever items you have around the house to create a simple obstacle course. For example, a row of pillows to jump over, a chair to crawl under, and a line of toys to zigzag around.
2. Explain the course to your child: Walk through the course together and explain each obstacle.
3. Challenge your child to complete the course: Let them go through it and encourage them to figure out how to get past each obstacle on their own. They might need to jump, crawl, climb, or balance.
4. Encourage creativity and problem-solving: If they get stuck on an obstacle, resist the urge to solve it for them. Instead, ask questions like, "What's another way you could get over that?" or "How could you solve this problem?"
5. Celebrate effort and persistence: After they complete the course, praise their effort. Say things like, "Wow, I love how you figured out how to get over that big pillow!" or "You didn't give up even when it was hard—that's resilience!"

Why It Works:

- Obstacle courses teach kids that challenges can be fun to solve. It helps them approach problems creatively and gives them a sense of accomplishment when they overcome difficulties, which builds confidence in their own abilities.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

RESILIENCE-BOOSTING ACTIVITIES

Activity 2: DIY Problem-Solving Craft

Goal: Help kids learn to approach problems with a growth mindset.

What You'll Need:

- A small box (shoebox or tissue box).
- Paper and markers.
- Scissors or sticky notes.

How to Do It:

1. Create a "Problem Box": Decorate a small box with your child. Label it the "Problem Box" and let them add stickers, colors, or drawings to personalize it.
2. Talk about challenges: Explain that everyone faces problems or challenges, and the Problem Box is a place where they can "store" their challenges for later.
3. Write down problems: When your child encounters something difficult—like a tough homework assignment, a disagreement with a friend, or frustration with a task—help them write down the problem on a slip of paper and put it in the box.
4. Problem-solving session: At the end of the week (or any regular time), take out the problems from the box one by one. Encourage your child to think of possible solutions for each problem. You can ask questions like:
 - "What's one way you could solve this?"
 - "Who could help you with this?"
 - "What's a small step you could take to make this easier?"
5. Celebrate progress: Even if the solution isn't perfect, celebrate the effort. Let them know that trying to solve problems is a success on its own.

Why It Works:

- This activity helps kids externalize their problems instead of bottling them up. It teaches them that no problem is too big to solve and helps them practice approaching challenges with a proactive mindset rather than feeling overwhelmed.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

RESILIENCE-BOOSTING ACTIVITIES

Activity 3: Imagination Journals

Goal: Encourage creativity and reflection, helping kids learn to see challenges as opportunities to grow.

What You'll Need:

- A small notebook or journal.
- Crayons, colored pencils, or markers.

How to Do It:

1. Set up a daily journaling routine: Give your child a small notebook or journal where they can draw or write about their day. Set aside 5-10 minutes each day for them to reflect on their experiences.
2. Provide prompts (optional): If your child isn't sure what to write or draw about, you can give them prompts like:
 - "What's one thing you learned today?"
 - "What's something that was hard for you today? How did you handle it?"
 - "Draw a picture of something fun you did today."
 - "What's one thing that made you proud today?"
3. Reflect on challenges: Encourage your child to write or draw about something that didn't go as planned and how they worked through it. Help them see that even when things are tough, they are learning and growing.
4. Review the journal together: At the end of the week, take a few moments to look through the journal with your child. Celebrate their progress and point out how much they've grown. Say things like, "Wow, remember how hard this was for you at the beginning of the week? Look how far you've come!"

Why It Works:

- Journaling helps kids process their emotions, reflect on their day, and see their own growth. It teaches them that every challenge is a learning opportunity, and that even small successes are worth celebrating.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

RESILIENCE-BOOSTING ACTIVITIES

Activity 4: "Resilience Bingo" Challenge

Goal: Make resilience-building fun and interactive with a game.

What You'll Need:

- A blank Bingo card (5x5 grid).
- Markers or stickers.
- A list of resilience-boosting tasks (see below for ideas).

How to Do It:

1. Create a Bingo card: Draw a 5x5 Bingo grid or print one from online. Each square will represent a resilience-boosting challenge for your child to complete.
2. Write challenges in each square: Fill in each square with a different activity that encourages resilience. Here are some ideas:
 - "Help someone who's feeling sad."
 - "Try something new that you've never done before."
 - "Solve a problem on your own without asking for help."
 - "Say something kind to yourself when you feel frustrated."
 - "Keep trying even when something is hard."
3. Play the game: Each day, encourage your child to complete one or more squares on the Bingo card. When they complete a task, they can color in the square or place a sticker on it.
4. Reward progress: Once they complete a row, column, or the entire Bingo card, celebrate their efforts with a reward like a family outing, a small treat, or extra playtime.

Why It Works:

- The Bingo format turns resilience-building into a fun game, making it more engaging for kids. It encourages them to take action in different areas of their life while rewarding their efforts and progress.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

RESILIENCE-BOOSTING ACTIVITIES

Activity 5: "What Went Right?" Reflection

Goal: Teach kids to focus on the positives, even during tough times.

What You'll Need:

- A quiet time at the end of the day.
- No materials needed (optional: paper for jotting down reflections).

How to Do It:

1. Create a nightly reflection habit: At the end of each day, sit with your child and ask them a simple question: "What went right today?" This helps them focus on the positive aspects of their day, even if it wasn't perfect.
2. Encourage specific examples: If your child struggles to think of something, help guide them by asking:
 - "Did you learn something new today?"
 - "Did someone do something kind for you?"
 - "Was there a time when you helped someone else?"
 - "What's something you're proud of today?"
3. Write it down (optional): If your child enjoys writing or drawing, they can jot down one thing that went right each day in a notebook. Over time, this becomes a positive record of all the small wins they've had.
4. Celebrate their answers: Praise their ability to find the positives, no matter how small. Reinforce that even on tough days, there's always something good to focus on.

Why It Works:

- This activity helps shift your child's focus from what went wrong to what went right. It builds gratitude and resilience by teaching them to look for silver linings, even when days don't go as planned.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

TIPS FOR MAKING RESILIENCE-BOOSTING ACTIVITIES EFFECTIVE

Tips for Making the 1-Minute Breathing Exercise Effective

Building resilience is about helping your child see challenges as opportunities to learn and grow. With these activities, you're giving them the tools to bounce back from setbacks and thrive in any situation! These resilience-boosting activities are designed to be fun, practical, and easy to implement. You don't have to do them all at once—just pick one or two that fit into your family's routine, and watch your child's confidence and emotional strength grow over time.

1. Start Small

Pick just one activity to begin with, and integrate it into your child's routine. For example, you could start with the Gratitude Jar or a daily "What Went Right?" Reflection. Small steps lead to big changes over time!

2. Be Consistent, but Flexible

Try to incorporate the activities regularly—whether daily or weekly—but don't stress if you miss a day. Keep coming back to them so they become part of your family's routine.

3. Make It Fun

Turn resilience-building into a fun, creative experience. For example, make the Problem Box a colorful project or turn Resilience Bingo into a family challenge. The more engaging the activities, the more your child will enjoy them.

4. Celebrate Effort, Not Just Success

Focus on the effort your child puts in, even if the outcome isn't perfect. Say things like, "I love how you kept trying!" or "Great job figuring out a new way to solve that problem."

5. Join in the Fun

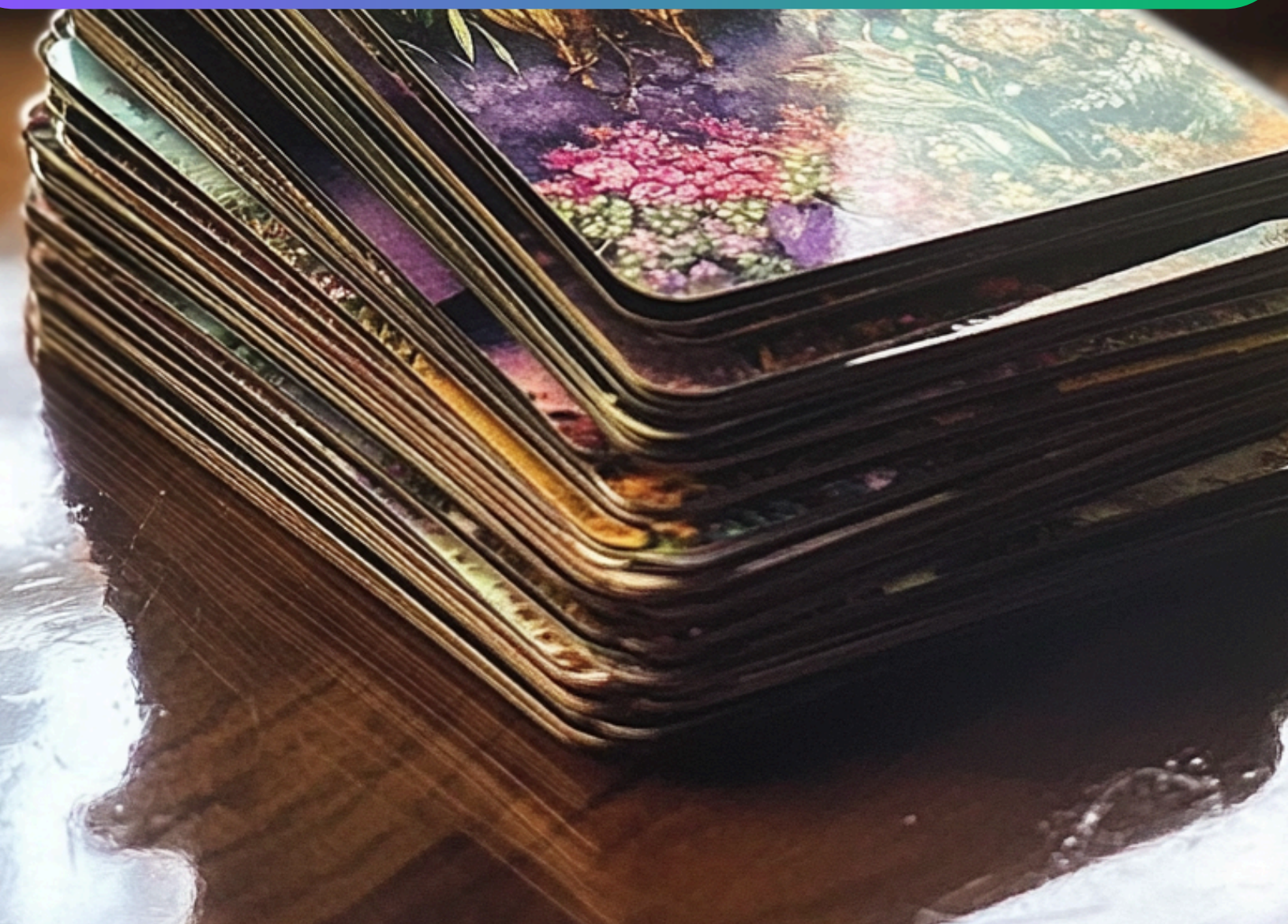
Participate in the activities with your child. Whether it's running the Obstacle Course Adventure together or filling in the Gratitude Jar, your involvement shows how important and enjoyable these activities can be.

REMEMBER

Building resilience is about helping your child see challenges as opportunities to learn and grow. With these activities, you're giving them the tools to bounce back from setbacks and thrive in any situation!



REFLECTION QUESTION CARD



The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

REFLECTION QUESTION CARD

Reflection questions are a powerful way to help children think about their day, process their emotions, and see challenges as opportunities to grow. By asking simple but meaningful questions, you encourage your child to develop self-awareness, practice gratitude, and learn how to approach problems with a growth mindset.

This Reflection Question Card can be used at dinner, bedtime, or any quiet moment in the day to prompt open conversations about their experiences.

How to Get Started:

Step 1: Choose a Time for Reflection

Pick a regular time to ask these questions, so it becomes part of your daily routine. Here are a few options:

- Dinner time: While everyone's gathered around the table, take a few minutes to reflect on the day's highs and lows.
- Bedtime: Use the reflection questions as a calming end-of-day routine. It's a great way for your child to process their thoughts before going to sleep.
- After school: This is a perfect time to ask about their day while it's still fresh in their mind.

Choose a time that feels natural for your family. The key is consistency—asking these questions regularly will help your child build self-reflection as a habit.

Step 2: Explain the Purpose of Reflection

Let your child know why you're asking these questions. You could say:

- "These questions help us think about the good things that happened today and how we handled the tough things."
- "By talking about our day, we can learn from everything we experience—even the hard parts—and remember all the great moments too!"

Help them understand that reflection isn't just about problems but also about celebrating their successes and learning from challenges.

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REFLECTION QUESTION CARD

Step 3: Use the Reflection Questions

Here's a list of effective reflection questions to include on your Reflection Question Card. Choose 1-3 questions to ask each day:

- "What was the best part of your day?"
 - This question helps your child focus on positive moments, no matter how small, and practice gratitude.
 - Follow-up: "Why was that your favorite part?" or "What did you like most about it?"
- "What was something challenging you faced today?"
 - This question encourages your child to talk about obstacles they encountered. It opens the door for problem-solving and emotional processing.
 - Follow-up: "How did you handle that challenge?" or "What do you think you can do differently next time?"
- "What is something new you learned today?"
 - This promotes a growth mindset by helping your child reflect on learning experiences, even from difficult moments.
 - Follow-up: "How can you use what you learned tomorrow?"
- "Who made you smile today?"
 - This question fosters gratitude and highlights positive social interactions, helping your child focus on the good in their relationships.
 - Follow-up: "How did they make you feel?" or "How did you make someone else smile today?"
- "What's one thing you're proud of from today?"
 - This question encourages self-esteem by helping your child identify moments when they felt accomplished or proud.
 - Follow-up: "Why are you proud of that?" or "What made that moment special for you?"
- "What is one thing you can work on tomorrow?"
 - This helps your child look forward and think about how they can grow or improve based on today's experiences.
 - Follow-up: "What's the first step you can take to work on that?"

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Step 4: Encourage Open-Ended Conversations

As you ask these questions, encourage your child to expand on their answers. Avoid yes/no questions and instead focus on open-ended follow-ups that help them dig deeper into their feelings and experiences.

- Example follow-up questions:
 - "Can you tell me more about that?"
 - "How did that make you feel?"
 - "What did you learn from that moment?"

Keep the tone of the conversation positive and supportive. The goal is to help your child feel comfortable talking about both the good and the challenging parts of their day.

Step 5: Create a Safe and Supportive Space

Make sure your child feels safe and supported during these reflection moments. Let them know that whatever they share is important and valid, whether it's a happy memory or a difficult challenge.

- Offer empathy and understanding: If your child shares a struggle, respond with compassion. You might say, "I can see that was hard for you. It's okay to feel upset when things don't go as planned. What do you think would help you next time?"
- Praise their efforts: No matter the outcome, celebrate your child's effort. "I'm really proud of how you handled that tough situation today. You didn't give up, and that's what matters most."

Step 6: Make It Fun and Engaging

To keep your child interested and excited about these daily reflections, try adding a fun element:

- Use cards or prompts: Write the reflection questions on individual cards or slips of paper. Each day, let your child pick a random card to answer, adding an element of surprise.
- Add a creative twist: Encourage them to draw a picture in response to one of the questions or create a "reflection journal" where they can write or sketch their answers each day.
- Take turns: Let your child ask you the reflection questions, too. This makes it a shared experience and shows them that even adults reflect on their day.

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REFLECTION QUESTION CARD

Step 7: Reflect on Both Successes and Challenges

It's important to strike a balance between focusing on positive experiences and reflecting on challenges. This helps your child see the whole picture of their day and develop resilience by learning from both the highs and the lows.

- Celebrate small wins: Encourage your child to feel proud of their accomplishments, no matter how small. You could say, "That was really brave of you to speak up in class today," or "You did a great job sharing with your sister even when you didn't feel like it."
- Help them process challenges: If your child shares something difficult, help them reflect on how they can grow from it. For example, "What can you do differently next time when you feel frustrated?"

Step 8: Be Patient and Keep It Low-Pressure

Some children may take a little time to open up and reflect deeply on their day. That's perfectly normal. If your child isn't ready to share much at first, keep things light and let them answer at their own pace.

- Keep it short: Reflection doesn't have to be long or complicated. Just a few minutes of thoughtful conversation can make a big difference.
- Mix it up: If your child gets bored with certain questions, rotate them or introduce new prompts to keep things fresh.

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REFLECTION QUESTION CARD

Top Tips for Using the Reflection Question Card

1. Start with Just One or Two Questions

To avoid overwhelming your child, begin with just one or two reflection questions each day. As they become more comfortable, you can gradually add more. This keeps the practice light and manageable.

2. Pick a Calm, Relaxing Time

Choose a time when your child is calm and open to talking—such as during dinner, just before bed, or after school. Avoid times when they're tired or distracted to ensure they're engaged in the conversation.

3. Be Patient and Give Them Time to Answer

Some children need time to process their thoughts before answering. Be patient and don't rush them. If they're hesitant or unsure, try asking a follow-up question like, "Can you tell me a bit more about that?" to encourage them to share.

4. Don't Push for Deep Answers Every Time

Keep it low-pressure! If your child doesn't have much to say some days, that's okay. Even short or simple answers help build the habit of reflection. Over time, they'll naturally open up more.

5. Make It a Fun and Shared Experience

Turn it into a family activity where everyone shares. Let your child ask you the reflection questions too! When they see you reflecting on your day, it teaches them that everyone, including adults, can learn and grow from their experiences.

REMEMBER

The Reflection Question Card is a simple yet powerful tool to help your child develop self-awareness, resilience, and emotional intelligence. By taking a few moments each day to reflect on both the good and the challenging parts of their day, they'll learn to better understand their emotions, celebrate their progress, and approach problems with a growth mindset.

BEDTIME WIND-DOWN PLAYLIST



The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

A bedtime wind-down playlist is an easy and effective way to help your child relax and prepare for sleep. The combination of soft music, calming sounds, and a consistent bedtime routine signals to their brain that it's time to rest. This creates a peaceful, predictable environment that supports better sleep and emotional regulation.

Here's how you can create and use a bedtime wind-down playlist that helps your child drift off peacefully. How to Get Started:

Step 1: Create the Playlist

Start by choosing a collection of soothing, relaxing songs or sounds that your child enjoys. The playlist should be around 10–30 minutes long—just enough to signal wind-down time without dragging on. You can create the playlist on platforms like Spotify, Apple Music, YouTube, or any music app you prefer.

Here are some song and sound suggestions to include:

Song Suggestions:

- "Clair de Lune" by Debussy: A soft, flowing classical piece that helps create a tranquil atmosphere.
- "Weightless" by Marconi Union: Scientifically proven to reduce anxiety and slow the heart rate, perfect for winding down.
- "Nocturne in E-flat Major" by Chopin: A soothing classical lullaby that promotes relaxation.
- "Lullaby" by Johannes Brahms: A timeless lullaby that can calm and comfort.
- "Canon in D" by Pachelbel: A peaceful, steady piece that promotes relaxation and calm.
- "Somewhere Over the Rainbow" by Israel Kamakawiwo'ole: A soft, gentle version of a familiar tune, perfect for easing into bedtime.
-

Nature and Ambient Sounds:

- Gentle Rain: Soft rain sounds can create a peaceful, rhythmic background noise that's naturally soothing.
- Ocean Waves: The rhythmic sound of waves crashing and retreating has a lulling effect.
- Wind Through Trees: Soft wind sounds through leaves create a nature-inspired calmness.
- White Noise or Pink Noise: These steady sounds help block out distractions and create a soothing atmosphere for sleep.

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BEDTIME WIND-DOWN PLAYLIST

Step 2: Set the Tone for Bedtime

Before starting the playlist, take some time to prepare your child's environment for sleep. This signals to their brain that it's time to wind down. Here are some tips:

- **Dim the lights:** Keep the room lighting soft and low. The lower lighting helps signal to the body that it's nighttime, promoting the release of melatonin, the sleep hormone.
- **Limit screens:** Turn off TVs, tablets, and phones at least 30 minutes before bed. Blue light from screens can interfere with the body's natural sleep signals.
- **Create a cozy space:** Make your child's bedroom a comfortable, safe place for them to relax. Encourage them to cuddle with a favorite stuffed animal or blanket.

Step 3: Play the Music During a Wind-Down Activity

Start the playlist while your child engages in a calming activity before bed. You can combine the music with other soothing bedtime routines, such as:

- **Reading a bedtime story:** Choose a soft, gentle story that isn't too stimulating. As the music plays quietly in the background, the story provides a comforting close to the day.
- **Mindful breathing:** Encourage your child to take slow, deep breaths as they listen to the music. This can be part of a 1-minute breathing exercise where they match their breaths to the rhythm of the music.
- **Gentle stretching:** Help your child do a few simple, calming stretches to release any tension in their body.
- **Cuddling:** Simply snuggle with your child, talk softly about the day, or tell them a short, calming story as the music plays.

The combination of soft music and a quiet, peaceful activity will help your child relax, both mentally and physically.

Step 4: Keep the Volume Low

Make sure the music is played at a low volume—just loud enough to hear without being distracting. The music should create a soft background hum, rather than becoming the main focus.

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BEDTIME WIND-DOWN PLAYLIST

Step 5: Use It Consistently

Consistency is key when it comes to bedtime routines. Use the same playlist every night, or rotate between a few trusted favorites. Over time, your child will associate the specific songs and sounds with bedtime, which will help them relax faster and transition into sleep more easily.

- Keep it part of the routine: Whether it's right after bath time or while they're getting into their pajamas, find a spot in the routine for the music. The predictability will help your child's mind and body know it's time to sleep.

Step 6: Adjust for Your Child's Preferences

Some children may prefer only instrumental music, while others might enjoy songs with gentle vocals. Pay attention to what your child responds to best.

- For younger children: Choose lullabies or instrumental music that feels familiar and comforting.
- For older children: They may enjoy nature sounds, meditative tracks, or more relaxing versions of their favorite songs.
- Add variety: While consistency is important, it's okay to switch up the playlist now and then to keep it fresh. Just make sure to keep the overall feel calm and relaxing.

Step 7: Pair It with Bedtime Reflection (Optional)

You can use the Reflection Question Card during the wind-down playlist to help your child reflect on their day as they listen to the music. This can be a great opportunity to discuss the highs and lows of their day in a quiet, soothing environment.

Ask a question like:

- "What was the best part of your day?"
- "What are you looking forward to tomorrow?"
- "Is there something you're proud of from today?"

The calming music, paired with a reflective conversation, helps ease anxiety and prepares them for sleep with a positive mindset.

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BEDTIME WIND-DOWN PLAYLIST

Step 8: Use the Music to Help with Transitions

If your child has trouble settling into bed after a busy day or feels anxious about going to sleep, use the playlist to create a gentle transition from activity to rest. This can be particularly helpful if your child tends to resist bedtime.

You can say something like:

- "Let's listen to our special music to help us get ready for sleep."
- "Remember, this is our calming time. Let's take some deep breaths and enjoy the music."

The routine of hearing the same soft music each night will create a calming ritual that helps them settle more easily.

Tips for a Successful Bedtime Wind-Down Playlist

1. Stick to Calm and Soothing Music

Make sure the music is consistently soft and slow-paced. Avoid anything too fast, loud, or energetic. The goal is to create a peaceful atmosphere that helps your child drift off, not keep them stimulated.

2. Experiment with Nature Sounds or White Noise

If your child responds well to nature sounds like rain or ocean waves, consider incorporating them into the playlist. These sounds can provide a relaxing background and help block out other distractions that might keep your child awake.

3. Match the Music to Bedtime Activities

If you pair the playlist with reading or a calm activity like drawing, make sure the music doesn't interfere with the focus on the activity. Keep the volume low, and choose music that enhances relaxation.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

BEDTIME WIND-DOWN PLAYLIST

Tips for a Successful Bedtime Wind-Down Playlist (CONT.)

4. Create a Gradual Wind-Down

Start the playlist with slightly more engaging music and slowly transition to the calmest, slowest tracks toward the end. This creates a natural wind-down effect, with the slowest songs leading right up to lights out.

5. Lead by Example

Join your child in the wind-down process. If they see you sitting calmly, listening to the music, or participating in the quiet activity with them, they'll be more likely to follow along and embrace the calming routine.

REMEMBER

A Bedtime Wind-Down Playlist is a simple yet effective tool to help your child unwind and transition into a peaceful sleep. By making it part of a consistent bedtime routine, you'll create a calming, predictable environment that helps your child feel safe, relaxed, and ready for rest.

The Resilient Kids Playbook

Step-by-Step Instructions for Building Confidence and Calm

RECAP: BUILDING RESILIENCE AND CALM WITH DAILY ROUTINES

Raising a resilient and confident child doesn't have to be overwhelming. By incorporating small, practical steps into your daily routine, you can create a supportive environment where your child feels empowered to face challenges and grow emotionally.

Here's a quick summary of the tools and strategies you've learned in this guide:

- **Gratitude Jar:** A fun, easy way to help your child focus on the positive parts of their day and build a mindset of gratitude and optimism.
- **Daily Affirmations:** Boost your child's confidence by starting each day with simple, positive affirmations that help them feel strong, capable, and loved.
- **1-Minute Breathing Exercise:** Teach your child how to manage stress and emotions with a quick, calming breathing routine they can use anytime they feel overwhelmed.
- **Resilience-Boosting Activities:** Fun, engaging activities like obstacle courses, problem-solving games, and journaling that help your child develop problem-solving skills, emotional strength, and a growth mindset.
- **Reflection Question Card:** Use meaningful, open-ended questions to help your child reflect on their day, process emotions, and learn from both successes and challenges.
- **Bedtime Wind-Down Playlist:** Create a calm, relaxing bedtime routine with soothing music, helping your child transition from a busy day to a peaceful night of sleep.

Remember, you don't have to do everything at once. Start small—pick one or two activities that fit your family's schedule and build from there. Consistency is key, and over time, these simple routines will help your child grow into a more resilient, confident, and emotionally aware individual.

By using the strategies in this guide, you're already taking meaningful steps to create positive, lasting changes in your child's life. With patience and persistence, you'll soon start seeing the benefits as your child becomes more capable of handling life's ups and downs with confidence and calm.

Ready for Bigger Results?

THESE TOOLS ARE POWERFUL ON THEIR OWN—BUT IF YOU'RE READY TO SEE REAL TRANSFORMATION IN YOUR CHILD'S RESILIENCE AND CONFIDENCE,

HERE'S HOW TO TAKE IT FURTHER:

- TRY MARTIAL ARTS CLASSES: MARTIAL ARTS IS ONE OF THE FASTEST WAYS TO BUILD RESILIENCE, FOCUS, AND EMOTIONAL STRENGTH IN KIDS. BOOK A FREE TRIAL CLASS AND SEE FOR YOURSELF HOW IT WORKS.
- DOWNLOAD THE FULL RAISING RESILIENT KIDS GUIDE: THIS COMPREHENSIVE GUIDE WILL WALK YOU THROUGH ALL THE STRATEGIES YOU NEED TO MAKE THESE CHANGES PERMANENT AND WATCH YOUR CHILD'S CONFIDENCE SOAR.
[BIT.LY/RAISINGRESILIENTKIDS](https://bit.ly/raisingresilientkids)

TAKE ACTION NOW—DON'T WAIT FOR CHANGE TO HAPPEN.

THESE AREN'T JUST IDEAS—THEY'RE PROVEN STRATEGIES THAT WILL MAKE A REAL DIFFERENCE IN YOUR CHILD'S LIFE. WHETHER YOU WANT TO EXPLORE MARTIAL ARTS OR GET DEEPER INTO THE STRATEGIES IN MY GUIDE, IT'S TIME TO TAKE ACTION. YOU'LL SEE THE RESULTS FASTER THAN YOU THINK.

BOOK A MARTIAL ARTS CLASS OR DOWNLOAD THE FULL GUIDE NOW.