

# How to teach Resilience

What do you need to be resilient?

# Resilience is....

- The meaning of resilience, according to the definition of the Royal Spanish Academy of Language (RAE) is the human ability to flexibly assume borderline situations and overcome them, but in psychology we add something more to the concept of resilience: not only thanks to it we are able to deal with crises or potentially traumatic situations, but we can also get stronger from them.
- Resilience is something that is gradually acquired
- Sometimes by force of having to overcome adverse situations and have been forced learning; Let's say you have come to overcome situations, learning has helped you to strengthen your personality.
- Others because they have grown by their side with good examples people and have learned from them.
- The resilient personality can be forged through proper training

# Characteristics of people with resilience

- They trust their own possibilities they do not lose sight of their objectives being always suggested of their possibilities
- They assume difficulties as an opportunity to learn, they are people who seize every opportunity to learn from mistakes
- They are able to accept the facts just as they happen and try to look at them and learn from every opportunity
- They know what their opportunities are, They know the resources they have available and their limits, but at the same time they have an optimistic view of life
- The people with resilience is a person with commitment and the one who starts and encourages things to happen and cares for one's own well-being?

# Characteristics ...

- When you make a mistake you tend to assume your own responsibility and not to blame others for your failure
- A resilient person is engaged and encourages things to happen and cares for one's own well-being and for the other?
- When resilient people go through a loss or suffer mistreatment they try to overcome it, ... seeking help from their parents, teachers, friends, they are aware of the importance of professional help when they need it.
- If a student has the feeling that they are useful for something, we will automatically be in front of students with high self-esteem. Students will be able to face their adversities, and help their classmates with any difficulties that arise

# Learning to be resilient...

- Children must be educated to solve situations with strength
- If parents are the ones who always manage their children's problems, they will never be responsible for their actions.
- The children have to face problems according to their age in this way they will learn through the resolution of errors
- The students will recognize which are their weak points but also what are their strengths and thus work their personality
- The child must learn to respect others, and that living in society means restoring certain limits and established rules that we must all share.
- It is necessary for children to have clear rules in their relationship with others .The child must gradually integrate into society respecting others, so that others respect him.

# Learning to be resilient...

- Another feature is knowing how to adapt to new situations and perceive changes as a new opportunity.
- Following a routine helps children, especially the little ones, to know that they are fulfilling and doing their homework well.
- We can give them strategies, encouragement and continuous support to show them that they will be able to overcome any difficulty. Any difficulty can be challenge to learn.
- The child needs to feel useful and capable of performing their own tasks. School is the place where you can start small initiatives that seek to help others.
- It is necessary for children to have clear rules in their relationship with others .The child must gradually integrate into society respecting others, and for that is necessary respect their rules.
- Teach students in their own goals but also to rest and play

# Steps to be resilient...

- It is important that children learn to take care of their body; their appearance, to exercise ... With the example, we can teach children to take care of themselves and use routines, playing sports, playing, eating and sleeping well, etc.
- Help him learn to trust himself to solve problems and learn how to make the right decisions. Learn to make decisions and live with humor and the ability to laugh at yourself
- Teach to ask questions. The questions invite reflection, introspection and this can be decisive if a student goes through a difficult personal moment. So students be able to verbalize their concerns and adversities.
- Learn to solve problems. The resolution of problems, or conflicts, is an aspect that is increasingly taken into account in schools. We must see the conflict as an opportunity, as a possibility of resolution.

# We develop resilience

- Develop resilience in school
- Promote self-esteem
- Face problems and learn from mistakes
- Perceive the changes as a new opportunity
- Will recognize which are their weak points but also what are their strengths
- When you make a mistake you tend to assume your own responsibility
- Educate in positive thinking



# Problems with education nowadays

- The students are overprotected
- The students are over stimulated
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- Parents prevent them from having to face the problems, they try to prevent them from facing them ex. If a student forgets homework, instead of reprimanding it, ask for WhatsApp and at one point have the 25 exercises of the mothers in the class. This does not allow students to face problems.
- The student did not have to justify himself/herself in to the teacher
- Parents should not avoid their children the obstacles students have to learn to face them