

Step by Step Teaching Resilience With Games

Step 1.

Pre-teach expectations.



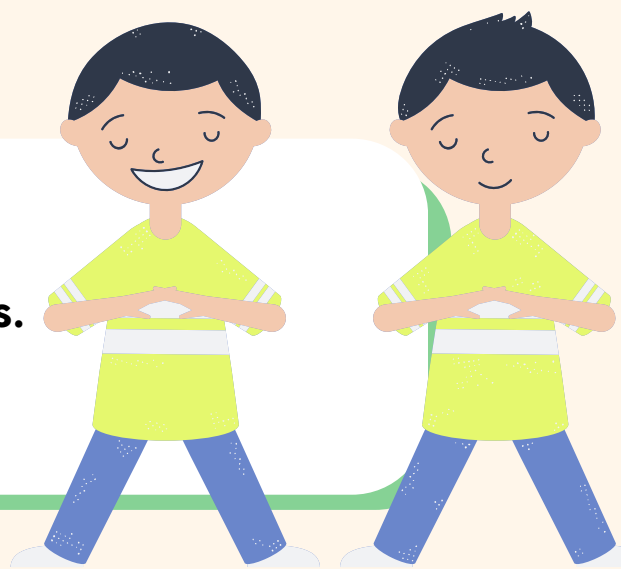
Step 2.

Acknowledge and accept all emotions as valid.



Step 3.

Help co-regulate strong emotions.



Step 4.

Provide safe and kind ways to express emotions.



Step 5.

Be sure to acknowledge what children did well and encourage them to keep trying.

