

EMOTIONAL RESILIENCE TOOLKIT FOR KIDS

- ☒ Validate Their Emotions
- ☒ Model Emotional Regulation
- ☒ Teach a Feelings Vocabulary
- ☒ Let Natural Consequences Teach
- ☒ Use a Calm-Down Toolkit
- ☒ Encourage Journaling or Drawing
- ☒ Celebrate Effort and Perseverance
- ☒ Talk About Your Own Feelings
- ☒ Avoid Unhelpful Labels
- ☒ Don't Rush to "Fix" Problems