

Resilience

Raising world shapers while learning to eat

What

Being resilient

It is the ability to **stay positive** and **recover quickly** after facing **challenges** and **difficult times**. Children build resilience over time **through experience**. You can help your child learn skills and develop resilience by having a **warm, supportive relationship** with her.

STRONG RELATIONSHIPS ARE THE FOUNDATION OF CHILDREN'S RESILIENCE.

7 Cs of resilience

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

IS RESILIENCE IMPORTANT FOR YOUR CHILD?

Resilient children tap **into their strengths** and **support systems** to **overcome challenges** and **work through problems**.

Why



How

HELP YOUR CHILD IMPROVE HER RESILIENCE SKILLS

- Help your child get to **know herself**.
- Spend **one-on-one time** with her.
- Exercise together.
- Help her go **outside** of her **comfort zone**.
- Bounce her problems back with **questions**.
- Help her **accept change**.
- Teach her **problem-solving skills**.
- Teach her **to label emotions**.
- Teach her to **breathe**.
- **Embrace** your and your child's **mistakes**.
- Be **optimistic** and **smile** at life!

Resilience Support Sheet



USE AS A SUPPORT FOR THE
PREPARATION ACTIVITY

YOU ALSO CAN USE IT IN OTHER
SITUATIONS

1 - Empathize

- Step into your **child's shoes**.
- **Observe** and **enquire** into what she may be **feeling**.

2 - Understand the challenge

- Once you realize that she is not feeling well or that she is feeling frustrated, **talk to her**.
- Try to understand and **label her emotions** so that she is **aware** of them.



Resilience Bag

- find together some **toys** or **items** that give your child **comfort** and **confidence**.
- They can be **stuffed animals**, mom's or dad's **personal** object **belongings**, **toys**, etc.
- Pack everything in a canvas bag.

- **Reflect** together on what **is not working** as expected again.

- Try to find **confidence** by **repeating** the **activity** accompanied by **one** of the **items** in the bag

3 - Find resilience items

4 - Use items to overcome the challenge

Openness

Raising world shapers while learning to eat

What

Child Openness

It has to do with how **open-minded**, **imaginative**, **creative**, and **insightful** your child is or can be. If your child is open-minded will be more likely to **prefer variety**, seek **new experiences** and be **curious** and **perceptive** to their environment.

IT TEACHES YOUR CHILD TO TRY BEFORE MAKING A DECISION AND TO LEARN AND LISTEN WITHOUT PREJUDICE.

Traits of open-minded children

- Curious
- Like to challenge ideas
- Lifelong learner
- Empathic

IS OPENNESS IMPORTANT FOR YOUR CHILD?

An open-minded child is **less likely to suffer** from **stress**, therefore is **happier**, has **more friends**, **enjoys learning** and **connects** with the **situations and people** around him thus contributing to her **leadership qualities**.

Why



How

HELP YOUR CHILD DEVELOP HER OPENNESS

- Set the example—e.g., show your child you are a **lifelong learner**
- Show her the **value of diversity**
- Promote **constructive feedback** and understanding **different perspectives**
- Point out **prejudice**
- Expose your child to **different cultures** and **mentalities**
- Encourage your child to have **different types of friends**
- Teach her the **importance of listening**

Openness Support Sheet




USE AS A SUPPORT FOR THE
PREPARATION ACTIVITY

YOU ALSO CAN USE IT IN OTHER
SITUATIONS

Design Thinking to promote open-mindedness:

Think of a **challenge** to add to your preparation (e.g., one key ingredient is missing).

This activity will **spice up** your **cooking experience** because it will become much more than just preparing a meal—you will be able to **co-create a solution** together with your child!

- **2. Understand the problem.** Would the recipe change if this ingredient is missing? Can you replace it? Would this affect the person's involved (people sharing the meal with you)?
 - **3. Brainstorm** together for **solutions**. Based on your experience and with the resources you have at hand (food, utensils, etc.) what can you do to solve this challenge or problem?
 - **4. Experiment together** and find the best solution. get creative and try to quickly find a way to meet the needs of the people who will be sharing the meal with you.
 - **5. Test and measure** results so that you can validate your solution. You can create a fun way for people to decide whether they like your preparation, for example, with smiley stickers
- 
- **1.** Part of a situation you need to change/solve or improve (a **challenge** or a **problem**) e.g., an ingredient is missing.
 - **Who is this meal for?** Understand with your child who will be sharing this meal with you.
 - Apply the **empathy map** to step into the shoes of these persons and understand their needs.