

BEST NEWSLETTER SNIPS

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Newsletter Snips specific to Emotional, Family and Classroom Resilience are also available. Please retain the BEST website reference as part of your conditions of use.

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PLAYGROUND RESILIENCE

BEST Playground Resilience Tip

Social assertiveness – a skill that's difficult for most adults. It's a useful skill to teach your child (and learn yourself). Start with confident body language – chin up, shoulders back. Use a confident tone – but not aggressive. Practise often. bestprograms4kids.com

BEST Playground Resilience Tip

Friendship Flare Ups – Learning to manage friendship conflict is a life skill. It's normal for friendships to be up and down. Teach your child that not all flare ups are catastrophes. Help your child identify whether it's a spark, flame or fire. bestprograms4kids.com

BEST Playground Resilience Tip

Bouncing back – from physical and emotional bumps in the playground is teaching your child resilience. Rate the bump on a scale of 1 to 10 and then ask your child what would help to make it better (even one number less is a good start). bestprograms4kids.com

BEST Playground Resilience Tip

Joining in. It's not always easy to get into games. The usual question, "Can I play?" often gets a "No" response. Think of fun ways to get into games and write some down to try like, "That looks like fun. Room for me?" bestprograms4kids.com

BEST Playground Resilience Tip

Friendship boundaries – how far is too far in a friendship? They teach your child healthy relationship skills – for life! Don't like being hugged all the time? That's a good boundary to be firm about. Make a list with your child. bestprograms4kids.com

BEST Playground Resilience Tip

Making friends. Easy for some and difficult for others. Teach your child to approach with a smile, use a friendly greeting, to say something nice, to talk about something interesting to all parties and to look and sound confident. bestprograms4kids.com

BEST Playground Resilience Tip

Bullying in friendships – called relational aggression is often sneaky and covert and your child might let it happen to preserve the friendship. Acknowledge your child's feelings, help them to see the pattern and help them to be assertive. bestprograms4kids.com

BEST Playground Resilience Tip

Refusals to play – are common –and often cause anger and hurt. A play refusal is normal if teams are decided, have even numbers or play has started. Nasty refusals happen too. It's helpful for your child to know the difference. bestprograms4kids.com

BEST Playground Resilience Tip

Dealing with bullying – something every child needs to learn because it's a life skill. Practise some assertive ways of managing bullying behaviours. Short sentences, firm voice, confident body language. "Cut it out!" is a good place to start. bestprograms4kids.com

BEST Playground Resilience Tip

Taming teasing – it happens in homes and playgrounds and can be funny and irksome. Try asking the teaser a question – about what they've said or why they're teasing. "You haven't noticed my freckles before now?" bestprograms4kids.com