



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WE ALL HAVE MENTAL HEALTH Family Resilience Building Activities

Resilience is our ability to thrive, adapt and cope despite tough and stressful experiences. The more resilient we are, the stronger, wiser, and more flexible we become, and the better we are able to respond to, heal, and recover from challenges.

Resilience is built through intentional actions and activities that promote connection to oneself and others and help to develop effective coping skills. The following is a set of quick, simple activities parents and caregivers can use with youth and teens to build resilience.

Directions for Parents & Caregivers:

1. **WATCH** the video for a selected topic below. You can either watch with your child(ren) or watch on your own and interpret the video's message while doing the activity.
2. **REVIEW** the skills sheet.
3. **DO** the skills sheet activity. Be sure to participate in the activity as well as role model resilience-building behavior.

<p>DEFINING MENTAL HEALTH</p> <p>Video Skills Sheet</p>	<p>EMOTION IDENTIFICATION</p> <p>Video Skills Sheet</p>
<p>RESILIENCE ROLE MODELS</p> <p>Video Skills Sheet</p>	<p>GROWTH MINDSET</p> <p>Video Skills Sheet</p>
<p>SELF-CARE</p> <p>Video Skills Sheet</p>	<p>BREATHE</p> <p>Video Skills Sheet</p>
<p>SUPPORT WHEEL</p> <p>Video Skills Sheet</p>	<p>ASKING FOR HELP</p> <p>Video Skills Sheet</p>
<p>Resilience Building Skills Sheet Hope Skills Sheet Gratitude Skills Sheet</p>	