



Parent's Guide to the "Discovering Resilient Role Models" Activity

Introduction:

This activity is an exploration into the lives of resilient individuals who have faced challenges and overcome them. It seeks to inspire and teach children that obstacles can be surmounted with determination and the right mindset. As a parent, you play a crucial role in guiding and supporting your child through this journey of discovery and self-reflection.

1. Initiate Curiosity:

- Start by discussing with your child what resilience means. We say that resilience is the ability to bounce back. The saying, 'Fall down seven times, rise 8' is a quote about resilience but it is not just rising but how we rise, our attitude and the quality of our thoughts that make one resilient. Share stories of individuals you admire for their resilience to spark their interest.
- Encourage your child to think of people they may have heard about or learned of who showed resilience.

2. Guide the Research:

- Suggest reliable sources or books that might have information about their chosen role model.
- Assist them in understanding complex information, breaking it down into digestible chunks.

3. Verify the Information:

- Encourage your child to cross-check facts from different sources to ensure accuracy.
- This is a good opportunity to discuss the importance of factual integrity.

4. Personal Reflection:

As your child identifies moments of resilience, prompt them to relate by asking:

- "Have you ever felt something similar?"
- "What would you have done in that situation?"

5. Encourage Creativity:

If they choose the visual storytelling route:

- Help them brainstorm ideas on how best to represent the story visually.
- Provide guidance with art supplies, and let their creativity flow.

6. Foster Communication:

For the Resilience Roundtable:

- Help set up a session where your child can present their findings. This could be a family gathering or a video call with friends.
- Reinforce the value of listening and learning from others' stories.

7. Deep Dive into Reflection:

When they're writing their personal reflection:

- Encourage them to think deeply about the lessons they've learned.
- Ask guiding questions such as, "How can you apply this in your own life?" or "What can you do differently when faced with challenges?"

8. Celebrate & Affirm:

After the activity is complete, take a moment to appreciate your child's effort and hard work. Affirm the importance of resilience in life and commend them for taking the time to delve into and learn from another's life journey.

9. Continue the Conversation:

Keep the topic of resilience alive in your daily conversations. Share personal stories or news items that highlight resilience to keep the spirit of learning and inspiration ongoing.

Final Note:

The aim of this activity is for your child to draw inspiration from real-life resilient figures, helping them understand that challenges are part of life. However, with perseverance and the right mindset, they can be overcome. Your involvement, encouragement, and guidance will ensure this activity leaves a lasting impact on your child's mindset and approach towards challenges.