TAKING ON CHALLENGES

Taking on Challenges means that you learn to deal proactively with challenges, trying something that is hard, learning from mistakes and not giving up.

You can help your child cope stress and develop the skill of Taking on Challenges By:

1. Modeling how you intentionally and positively describe your own feelings in new and uncertain situations
   - “This feels hard and new, but I’m going to keep trying.”
   - “I feel ____. I’m going to ____ to help me feel calm and centered.”
   - “It’s okay for me to make a mistake. That’s how I learn! I’m going to try again.”
   - “I feel overwhelmed, but I’m going to stop and think. What should I do next? I’m going to try (insert strategy) to help me.”

2. Helping your child to name their feelings and responses to overwhelming situations
   - “What are you feeling right now? Do you want to talk about it? What can we do next to help?”
   - “What tools do you have to help when you feel ____?”
   - “I can see you are trying really hard to figure out this problem. Would you like me to help you? Let’s see if we can work on it together.”
   - “It sounds like you had a tough day at school. I wonder if you might want to go outside and kick a soccerball back and forth with me. That might help you burn off some of your feelings about school.”

3. Praising children’s efforts and strategies instead of praising their intelligence or personality traits.
   - “I can see you are using a breathing strategy to help yourself find calmness right now. Good Job!”
   - “That looks like a really hard math problem! You are trying lots of interesting ways to solve it!”
   - “I can see you’ve worked hard here! Let’s talk about what you’ve tried and what you can do next.”
   - Avoid Saying “Good Job! You are so smart.”

Modeling how you intentionally and positively describe your own feelings in new and uncertain situations

Praising children’s efforts and strategies instead of praising their intelligence or personality traits.

Taking on Challenges means that you learn to deal proactively with challenges, trying something that is hard, learning from mistakes and not giving up.

You can help your child cope stress and develop the skill of Taking on Challenges By:

1. Modeling how you intentionally and positively describe your own feelings in new and uncertain situations
   - “This feels hard and new, but I’m going to keep trying.”
   - “I feel ____. I’m going to ____ to help me feel calm and centered.”
   - “It’s okay for me to make a mistake. That’s how I learn! I’m going to try again.”
   - “I feel overwhelmed, but I’m going to stop and think. What should I do next? I’m going to try (insert strategy) to help me.”

2. Helping your child to name their feelings and responses to overwhelming situations
   - “What are you feeling right now? Do you want to talk about it? What can we do next to help?”
   - “What tools do you have to help when you feel ____?”
   - “I can see you are trying really hard to figure out this problem. Would you like me to help you? Let’s see if we can work on it together.”
   - “It sounds like you had a tough day at school. I wonder if you might want to go outside and kick a soccerball back and forth with me. That might help you burn off some of your feelings about school.”

3. Praising children’s efforts and strategies instead of praising their intelligence or personality traits.
   - “I can see you are using a breathing strategy to help yourself find calmness right now. Good Job!”
   - “That looks like a really hard math problem! You are trying lots of interesting ways to solve it!”
   - “I can see you’ve worked hard here! Let’s talk about what you’ve tried and what you can do next.”
   - Avoid Saying “Good Job! You are so smart.”

Modeling how you intentionally and positively describe your own feelings in new and uncertain situations

Praising children’s efforts and strategies instead of praising their intelligence or personality traits.

Taking on Challenges means that you learn to deal proactively with challenges, trying something that is hard, learning from mistakes and not giving up.

You can help your child cope stress and develop the skill of Taking on Challenges By:

1. Modeling how you intentionally and positively describe your own feelings in new and uncertain situations
   - “This feels hard and new, but I’m going to keep trying.”
   - “I feel ____. I’m going to ____ to help me feel calm and centered.”
   - “It’s okay for me to make a mistake. That’s how I learn! I’m going to try again.”
   - “I feel overwhelmed, but I’m going to stop and think. What should I do next? I’m going to try (insert strategy) to help me.”

2. Helping your child to name their feelings and responses to overwhelming situations
   - “What are you feeling right now? Do you want to talk about it? What can we do next to help?”
   - “What tools do you have to help when you feel ____?”
   - “I can see you are trying really hard to figure out this problem. Would you like me to help you? Let’s see if we can work on it together.”
   - “It sounds like you had a tough day at school. I wonder if you might want to go outside and kick a soccerball back and forth with me. That might help you burn off some of your feelings about school.”

3. Praising children’s efforts and strategies instead of praising their intelligence or personality traits.
   - “I can see you are using a breathing strategy to help yourself find calmness right now. Good Job!”
   - “That looks like a really hard math problem! You are trying lots of interesting ways to solve it!”
   - “I can see you’ve worked hard here! Let’s talk about what you’ve tried and what you can do next.”
   - Avoid Saying “Good Job! You are so smart.”

Modeling how you intentionally and positively describe your own feelings in new and uncertain situations

Praising children’s efforts and strategies instead of praising their intelligence or personality traits.

Taking on Challenges means that you learn to deal proactively with challenges, trying something that is hard, learning from mistakes and not giving up.

You can help your child cope stress and develop the skill of Taking on Challenges By:

1. Modeling how you intentionally and positively describe your own feelings in new and uncertain situations
   - “This feels hard and new, but I’m going to keep trying.”
   - “I feel ____. I’m going to ____ to help me feel calm and centered.”
   - “It’s okay for me to make a mistake. That’s how I learn! I’m going to try again.”
   - “I feel overwhelmed, but I’m going to stop and think. What should I do next? I’m going to try (insert strategy) to help me.”

2. Helping your child to name their feelings and responses to overwhelming situations
   - “What are you feeling right now? Do you want to talk about it? What can we do next to help?”
   - “What tools do you have to help when you feel ____?”
   - “I can see you are trying really hard to figure out this problem. Would you like me to help you? Let’s see if we can work on it together.”
   - “It sounds like you had a tough day at school. I wonder if you might want to go outside and kick a soccerball back and forth with me. That might help you burn off some of your feelings about school.”

3. Praising children’s efforts and strategies instead of praising their intelligence or personality traits.
   - “I can see you are using a breathing strategy to help yourself find calmness right now. Good Job!”
   - “That looks like a really hard math problem! You are trying lots of interesting ways to solve it!”
   - “I can see you’ve worked hard here! Let’s talk about what you’ve tried and what you can do next.”
   - Avoid Saying “Good Job! You are so smart.”