

# 10 best phrases to teach resilience to your kids

1



Goal  
Humour

Phrase  
"Come on, laugh it off"

2



Goal  
Contain thinking,  
perfectionism and anxiety

Phrase  
"Don't let this spoil everything"

3



Goal  
Distraction

Phrase  
"Let's take a break"

4



Goal  
Handling worry and asking for help

Phrase  
"Who have you spoken  
to about this?"

5



Goal  
Offering hope

Phrase  
"I know it looks bad now but  
you will get through this"

6



Goal  
Positive reframing

Phrase  
"What can you learn from this so  
it doesn't happen next time?"

7



Goal  
Acceptance

Phrase  
"Don't worry – relax  
and see what happens!"

8



Goal  
Perspective

Phrase  
"This isn't the end  
of the world"

9



Goal  
Flexible thinking

Phrase  
"You could be right. But have you  
thought about ..."

10



Goal  
Taking action

Phrase  
"What can we do  
about this?"