

Activities to Promote Resilience in Preschoolers

SELF-REGULATION

***Self-Regulation** is a child's ability to express emotions and manage behaviors in healthy ways.*



Talk about it later.

If your child acts out by having a tantrum, crying loudly, kicking, or throwing toys, wait until he is calm and then talk. Together, come up with ways your child can cope the next time he is upset. *“Ashton, you kicked your sister when she took your cars. It’s not okay to hurt her. Next time, you could give her some cars to use. Or maybe you have another idea.”*

Practice taking turns

For example, play catch or simple board games, and build in taking turns as part of family life. You could pass food around the table at mealtimes or have your children take turns choosing a book to read at bedtime.

Use warnings to help your child get ready for change.

Some children have a hard time going from one thing to the next, for example, from play time to lunch. Try giving a warning. *“In five minutes, we need to get ready for lunch.”*

Devereux
CENTER FOR RESILIENT CHILDREN

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