





## SPIRITUAL RESILIENCE

### WHAT THINGS PARENTS CAN DO TO HELP KIDS COPE WITH CURRENT DAY CRISIS OR ANXIETY?

### WHAT THINGS IN OUR FAITH THEOLOGY HELP US AND OUR COMMUNITIES THRIVE AND NAVIGATE THE CURRENT LANDSCAPE.

### WHAT GROUNDS US? WHAT LIFTS US? WHAT CALLS US ONWARD?

By Alice Granleese

- Start a routine with your child. Build in things that your child enjoys so that there is always something to look forward to.
- Limit exposure to the news, but be upfront with your child about what is going on in the world. Allow them to express their feelings and frustrations and acknowledge it is ok to feel this way.
- Get out into nature as much and as safely as possible.
- Try some mindfulness with your child. Mindfulness encourages us to practice becoming aware of our body and mind in the present moment.

Some suggestions to try are:

- a mindful/calm down jar filled with water and glitter kids can shake and watch the glitter slow and settle
  - Yoga poses such as the warrior/superman/wonder woman
  - The Smiling Minds app
  - Listen to your heartbeat, try to count the beats
  - Blowing bubbles / making pinwheels to encourage children to become aware of their breath
  - A texture bag – fill a bag with different objects of different textures. Have your child describe each object
  - Taste/smell blindfold tests
- Get creative and make cards/ garlands / other things you can post to family and friends. Use paint, crayons, pencils, make a collage!
  - Read stories about resilience and strength, or any story your child enjoys! For example, the Easter story is timely and perfect as we can identify with Jesus' feelings of loneliness and abandonment but we learn that God never leaves us, especially in hard times. Noah is another example of being isolated but that with time, things will change again. Ruth shows us the example of true love and loyalty by committing to living life very differently in the face of adversity.
  - Talk to God with your child before dinner or at bedtime. Think of all the things you are grateful for. Allow your child to express how they are feeling.
  - Make a calm down cubby as a place they can go when they are experiencing big emotions. Make yourself one too!