RAISING RESILIENT CHILDREN/TEENS...

Research supports that GRATITUDE promotes resilience – the ability to “bounce back” from difficulty. Gratitude is way of thinking that can be practiced.

To promote GRATITUDE Tip #1
Tell your children/teens what YOU are thankful for, even during this difficult time. 
Ask... What are YOU grateful for? Discuss.

This question can promote important conversations at the dinner table and at other times. This reflect and respond discussion stimulates the cortical part of the brain, increasing the potential for being grateful and less stressed.

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Research supports that GRATITUDE promotes resilience - the ability to “bounce back” from difficulty. *Gratitude is a way of thinking that can be practiced.*

To promote GRATITUDE Tip #2
Encourage your children/teens to keep a Gratitude Journal.

Research shows that writing down even brief thoughts about things, large and small, for which we are thankful promotes gratitude. The action of writing integrates thoughts, building a grateful mindset.

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