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?”