

# Is my child resilient?

Resilience isn't about catching up. It's about learning from setbacks and moving forward. Sometimes it's hard to recognize resilience. But it's important to notice it in kids so that you can help *them* see it. Use this worksheet to reflect on times your child showed signs of resilience.

---

## Example of a time my child...

Recognized their strengths

---

Asked for help with something challenging

---

Found a solution for a problem

---

Believed things would get better

---

Set a goal for something challenging

---

Tried again when something was hard

---

# 15 growth mindset questions

<b>What made you think hard today?</b>	<b>How will you challenge yourself today?</b>	<b>What can you learn from this experience or mistake?</b>
<b>What would you do differently next time to make things work better?</b>	<b>What else do you want to learn?</b>	<b>What strategy can you try?</b>
<b>Who can you ask for honest feedback?</b>	<b>Did you work as hard as you could have?</b>	<b>If it was too easy, how can you make it more challenging?</b>
<b>Did you hold yourself to high expectations or did you accept “good enough”?</b>	<b>Did you ask for help if you needed it?</b>	<b>What can you do to manage distractions?</b>
<b>Have you reviewed your work or logic for errors or flaws?</b>	<b>Are you proud of the end result? Why or why not?</b>	<b>What’s the next challenge to tackle?</b>

# Why I can do this

Help your child think through how to get from "I can't" to "I can try."

What I think I can't do

---

---

---

---

---

---

Why I think that

---

---

---

---

---

---

What I'm afraid of

---

---

---

---

Why I should try

---

---

---

---

---

How I'll keep these challenges from standing in my way

---

---

---

---

# Growth mindset action plan

## This didn't work out. What's my next step?

1 What happened?

2 What was your strategy?

3 Why did you choose that strategy?

4 What happened when it didn't work out?

5 Describe what's been going through your head since then.

6 What have you learned that will help you do better next time?

7 What new strategies can you try or who can you ask for help?

8 What's the new plan?

9 How will you deal with thoughts that could keep you from trying?

# 5-4-3-2-1 mindfulness method

Use this mindfulness method to calm your mind and bring your focus to the present moment.

Take a deep breath.  
Focus on what's around you.  
Think about and name...



5 things you can **see**



4 things you can **feel or touch**



3 things you can **hear**



2 things you can **smell**

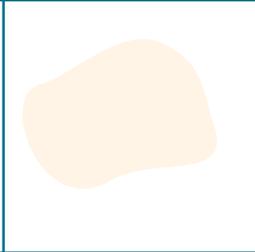
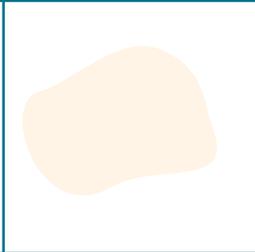
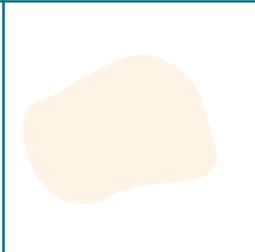
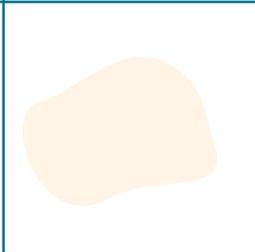
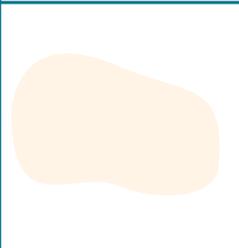
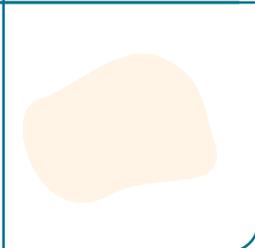


1 thing you can **taste**

For more self-care ideas for kids, go to [u.org/self-care-kids](https://u.org/self-care-kids)

# Anxiety tracker

Take notes on when your child gets anxious. How stressed you felt is a key detail — because a caregiver's behavior can impact a child's anxiety.

Timing	Setting	Signs	Outcome	Child rating	Caregiver rating
<ul style="list-style-type: none"> <li>• Time of day</li> <li>• Day of week</li> <li>• Date</li> </ul>	What was happening just before your child began to feel anxious?	Which physical, emotional, or behavioral signs of anxiety did you see?	What helped your child calm down and how long did it take?	How intense was your child's anxiety? (1=low, 10=high)	How stressed were you feeling at this moment? (1=low, 10=high)
					
					
					
					
					

## Anxiety tracker

Take notes on when your child gets anxious. How stressed you felt is a key detail — because a caregiver's behavior can impact a child's anxiety.

Timing	Setting	Signs	Outcome	Child rating	Caregiver rating
<ul style="list-style-type: none"> <li>Time of day</li> <li>Day of week</li> <li>Date</li> </ul>	What was happening just before your child began to feel anxious?	Which physical, emotional, or behavioral signs of anxiety did you see?	Getting clothes and backpack ready for school the next day	How intense was your child's anxiety? (1=low, 10=high)	How stressed were you feeling at this moment? (1=low, 10=high)
<ul style="list-style-type: none"> <li>10pm</li> <li>Sunday</li> <li>4/21/2019</li> </ul>	Getting clothes and backpack ready for school the next day	Crying, yelling, didn't want to try to sleep	I rubbed Matteo's back for a long time	7	5
<ul style="list-style-type: none"> <li>7:30am</li> <li>Monday</li> <li>4/22/2019</li> </ul>	Wasn't eating his breakfast and didn't want to go to school	Stomachache, then total meltdown	He calmed down pretty quickly after I said he could stay home	10	10
<ul style="list-style-type: none"> <li>9:30pm</li> <li>Wednesday</li> <li>4/24/2019</li> </ul>	Trying to plan an essay. He kept saying things like "What if I pick the wrong topic?"	Clenching his jaw, tugging at his eyebrow, being mean to everyone	Dad role-played how to ask teacher for advice on choosing a topic	6	4
<ul style="list-style-type: none"> <li>7:45am</li> <li>Thursday</li> <li>4/25/2019</li> </ul>	Worrying about asking the teacher about the essay	Yelling, crying, refusing to go to school	Matteo watched me email the teacher, then got on bus, still shaky	8	9
<ul style="list-style-type: none"> <li>11am</li> <li>Saturday</li> <li>4/27/2019</li> </ul>	Nana was trying to take him to a classmate's birthday party	Meltdown, refused to go	He started to relax when Nana gave in and said he could stay home	9	10

# Calming strategies worksheet

Find strategies to help your child manage anxiety. Your child may have helpful insights, so look for a calm moment to brainstorm together. You can ask your child's teacher or doctor for ideas, too.

Your child's temperament				Tips																												
<p><b>Do any of these descriptions sound like your child?</b></p> <p><input type="checkbox"/> My child recently started showing signs of anxiety.</p> <p><input type="checkbox"/> My child started showing signs of anxiety a while ago.</p> <p><input type="checkbox"/> Separation anxiety was a big issue in preschool.</p> <p><input type="checkbox"/> Separation anxiety is still an issue with my child.</p> <p><input type="checkbox"/> My child is anxious in social situations.</p> <p><input type="checkbox"/> My child has one or more relatives who show signs of anxiety: _____</p> <p>Other: _____</p>				<ul style="list-style-type: none"> <li>• It's a good idea to look for help early, especially if kids start showing signs of anxiety at a young age.</li> <li>• Sudden changes in personality can be a sign that something specific is causing the anxiety.</li> <li>• Anxiety can run in families. That's why it helps to think about family history.</li> </ul>																												
Calming strategies for your child				Tips																												
<p><b>What helps ease your child's anxiety?</b></p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Quiet time alone</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Quiet time with a trusted adult</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Hearing the voice of a trusted adult</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Being hugged or held</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>More time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Less time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Quiet time alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quiet time with a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hearing the voice of a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Being hugged or held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Different kids need different strategies. For example, having more time to prepare makes some kids feel less anxious. With others, it helps to wait to tell them about an upcoming event.</li> <li>• During a calm moment, ask your child which strategies make things better or worse.</li> </ul>
	Yes	No	Not sure																													
Quiet time alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Quiet time with a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Hearing the voice of a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Being hugged or held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Calming strategies for yourself				Tips																												
<p><b>What helps you stay cool during heated moments?</b></p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Leaving the room</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Counting to 10</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Exercising</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Getting more sleep</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Leaving the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Counting to 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Many caregivers don't realize their behavior may fuel their child's anxiety.</li> <li>• "Stay calm" is easy to say but hard to do.</li> <li>• Taking notes can help you see which strategies help you keep your cool.</li> </ul>								
	Yes	No	Not sure																													
Leaving the room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Counting to 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													

# Calming strategies worksheet

Find strategies to help your child manage anxiety. Your child may have helpful insights, so look for a calm moment to brainstorm together. You can ask your child's teacher or doctor for ideas, too.

Your child's temperament				Tips																													
<p><b>Do any of these descriptions sound like your child?</b></p> <p><input checked="" type="checkbox"/> My child recently started showing signs of anxiety.</p> <p><input type="checkbox"/> My child started showing signs of anxiety a while ago.</p> <p><input type="checkbox"/> Separation anxiety was a big issue in preschool.</p> <p><input type="checkbox"/> Separation anxiety is still an issue with my child.</p> <p><input type="checkbox"/> My child is anxious in social situations.</p> <p><input checked="" type="checkbox"/> My child has one or more relatives who show signs of anxiety: <u>My mom and probably me too</u></p> <p>Other: _____</p>				<ul style="list-style-type: none"> <li>• It's a good idea to look for help early, especially if kids start showing signs of anxiety at a young age.</li> <li>• Sudden changes in personality can be a sign that something specific is causing the anxiety.</li> <li>• Anxiety can run in families. That's why it helps to think about family history.</li> </ul>																													
Calming strategies for your child				Tips																													
<p><b>What helps ease your child's anxiety?</b></p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Quiet time alone</td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Quiet time with a trusted adult</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Hearing the voice of a trusted adult</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Being hugged or held</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>More time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> </tr> <tr> <td>Less time to prepare</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Quiet time alone	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Quiet time with a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hearing the voice of a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Being hugged or held	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<ul style="list-style-type: none"> <li>• Different kids need different strategies. For example, having more time to prepare makes some kids feel less anxious. With others, it helps to wait to tell them about an upcoming event.</li> <li>• During a calm moment, ask your child which strategies make things better or worse.</li> </ul>	
	Yes	No	Not sure																														
Quiet time alone	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>																														
Quiet time with a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Hearing the voice of a trusted adult	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Being hugged or held	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
More time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>																														
Less time to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>																														
Calming strategies for yourself				Tips																													
<p><b>What helps you stay cool during heated moments?</b></p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td>Leaving the room</td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Counting to 10</td> <td><input type="checkbox"/></td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Exercising</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Getting more sleep</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table> <p>Other: _____</p>					Yes	No	Not sure	Leaving the room	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Counting to 10	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Exercising	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Many caregivers don't realize their behavior may fuel their child's anxiety.</li> <li>• "Stay calm" is easy to say but hard to do.</li> <li>• Taking notes can help you see which strategies help you keep your cool.</li> </ul>									
	Yes	No	Not sure																														
Leaving the room	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>																														
Counting to 10	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>																														
Exercising	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														
Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																														