

Esther Jackson Elementary Counseling Corner

Ensuring College and Career Readiness for Every Student

Myriam Seoane, LPC

470-254-9553

Seoanem@fultonschools.org <https://mseoane.weebly.com/>

May 2024



4 Ways to Develop Resilient Kids

By Lynne Watts | March 15, 2024

We all know people who have experienced tremendous challenges in their lives. Perhaps you are one of them. Sometimes it is a physical challenge, sometimes it is an environmental challenge and other times it is a mental or emotional challenge.

After talking with someone about their personal challenge, I always ask, “What is it that sustains you and gets you through the experience?” I get a lot of answers but if I were to summarize the attributes of a resilient individual I’d list the following...

1. A growth mindset instead of a victim mindset. Individuals who believe that change and growth is possible stay engaged in practices that help them overcome their current circumstances. They follow treatment protocols, they ask for help and guidance, they set goals and follow the steps necessary to attain them. Individuals with a victim mindset give up and allow their circumstances to control the outcome.
 - o How can you help? Encourage a belief in the power of effort and perseverance. Teach children that challenges are opportunities for growth and learning, emphasizing the importance of resilience in achieving goals.
2. A community environment instead of an isolated environment. Community can take many forms. For some it is their faith community while for others it is their family or friends and co-workers. Regardless of who makes up the support community, resilient people don’t try to go it alone. Difficult as it may be, they learn to ask for and receive help. They share their struggles with others. Not only do they reap the benefit but often their challenges pull the community closer together as well.
 - o How can you help? Foster supportive relationships with children, creating a safe and nurturing environment where they feel valued, heard, and understood. Encourage peer support and collaboration to strengthen social connections.
3. A personal sense of purpose and identity instead of low self-esteem. Resilient individuals believe they have something unique to offer and they are determined to make a difference in their world through their strengths and skills. They take failure and hardship in stride as part of the necessary road to success. They don’t let their circumstances define who they are but maintain a strong sense of self and purpose. They don’t waste time wishing their life was easy and problem free. Instead they allow their situation to help them develop mental and physical muscles that sustain them through the tough times.
 - o How can you help? Encourage children to reflect on past experiences of overcoming challenges and setbacks, highlighting their resilience and strengths. Share stories of resilience and perseverance to inspire and motivate them.

Ensuring College and Career Readiness for Every Student

Myriam Seoane, LPC

470-254-9553

Seoanem@fultonschools.org

May 2024 Page 2



4. A toolbox of coping strategies that they use on a regular basis. They practice problem solving, mindfulness, stress management and conflict resolution techniques. They take the time to understand other cultures and other perspectives. While they have a solid sense of self, they are interested in growing and developing healthy relationships with others.

o How can you help?? Equip children with practical coping strategies such as deep breathing exercises, mindfulness techniques, positive self-talk, and problem-solving skills to manage stress and adversity effectively.

Together, we can cultivate a generation of resilient individuals who embrace life's ups and downs with unwavering resilience.

https://wyattthewonderdog.com/4-ways-to-develop-resilient-kids/?mc_cid=9d0c424bc1&mc_eid=ae535af0bf

Summit Counseling Opportunity

The Summit Counseling Center, our on-site therapy partner, is offering free summer therapy groups to students at our school. These groups cover topics like anxiety, healthy relationships and social skills, self-esteem and confidence, and preparing for college. The groups meet once per week for 5 weeks of the summer. Registration will close on May 10, so go ahead and sign your student up today using this link: [Summer @ The Summit - The Summit Counseling Center](#).

Summer @ The Summit

School may be out... but mental health is still in!

Elementary School Anxiety (K-2) Anxiety (3-5) Executive Functioning (3-5) Social Skills (K-2) Social Skills (3-5)	Middle School Anxiety (6-8) Building Confidence (6-8) Executive Functioning (6-8) Relationship Building (6-8)
High School Anxiety (9-12) Building Confidence (9-12) Executive Functioning (9-12) Relationship Building (9-12) Self-Esteem/ Body Image (9-12)	

Learn more @ summitcounseling.org/summer-groups-the-summit/

(678) 893-5300
summitcounseling.org

The logo for The Summit Counseling Center, featuring a mountain range silhouette above the text 'The SUMMIT COUNSELING CENTER'.

Ensuring College and Career Readiness for Every Student

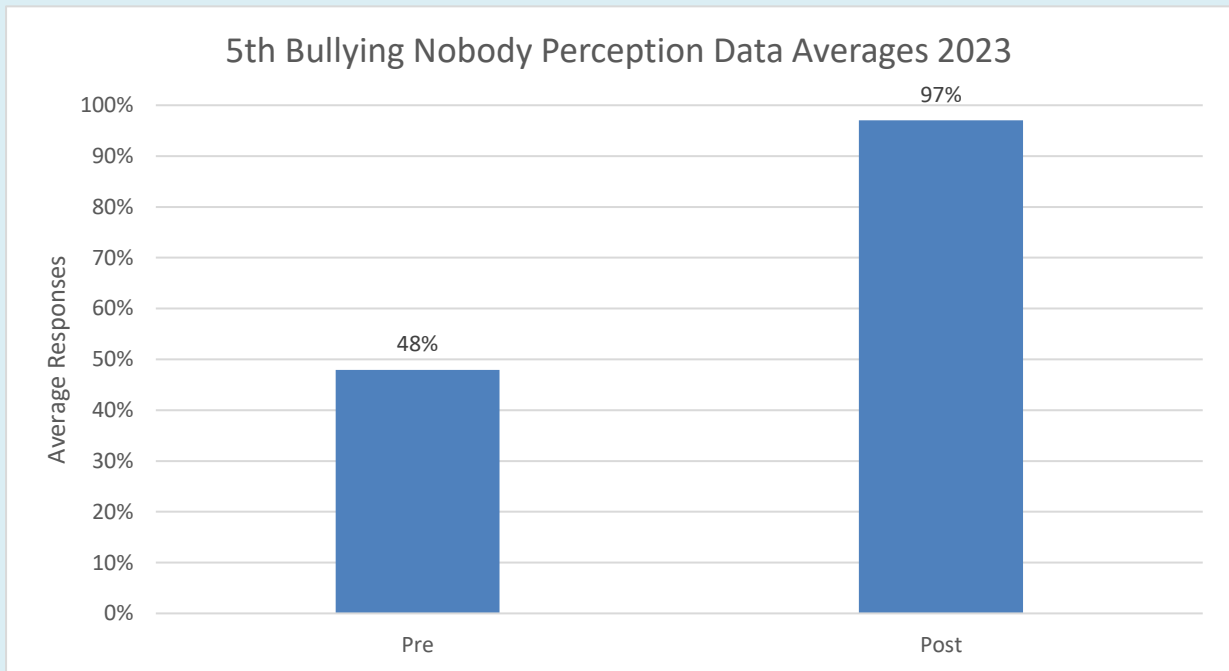
Myriam Seoane, LPC

470-254-9553

Seoanem@fultonschools.org

May 2023 Page 3

A Little Bit of Counseling Program Data



May Core Curriculum Lessons

- K Friendship
- 1 Friendship
- 2 Friendship
- 3 Friendship
- 4 Problems with Friends
- 5 How to be a Good Friend