

THE SHAGGY DINKEY.

# Raising Resilient Children

Strategies, Questions and Activities to Strengthen Resilience in Children

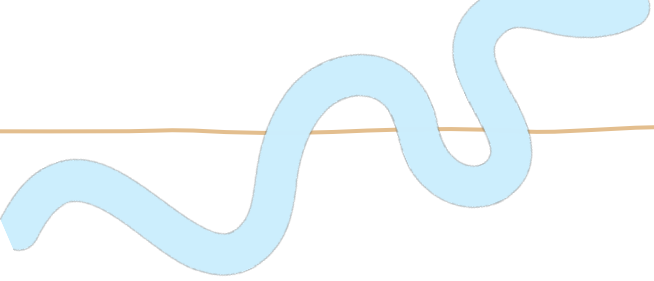
Co-created by a Mother & Daughter  
Amber Peay and Anniston Hollar





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# About the Author & Illustrator of The Shaggy Donkey

## About the Author

Amber is a mother of two adventurous, loving daughters; a wife to a humble man who fixes and builds anything for them; and a daughter to an honest man, full of faith, who raised her on his own.

Amber is passionate about continued learning and received her MA in Education, focusing on Curriculum and Instruction. Since she was a child, Amber has always loved reading and writing.

She enjoys the simple things in life, and can usually be found cooking, going to church, or camping.

## About the Illustrator

Anniston is a deeply resilient child, optimistic in the most unlikely moments, finding the best in her circumstances. Since she could crawl, Anniston has shown compassion for others, trying to help and asking, "Are you okay?" These days, she shows lots of compassion, love and patience with her little sister, Dakota Grace!

Anniston is passionate about reading, piano and swim. Whether she is learning a new recipe with her mom, a backflip or Bible verse, when Anniston is determined, amazing things happen. She really enjoys spending as much time as possible with her animals, friends and family.



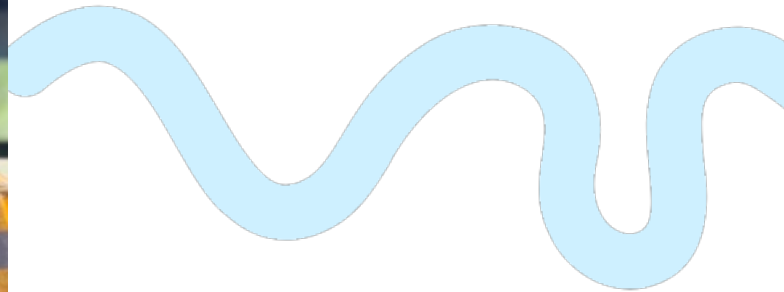


# Introduction



Parents are searching for resources, and Raising Resilient Children is a positive way of parenting through reflection and encouragement.

**Raising resilient children** builds up hope, strength and positivity in them to recognize challenges only as problems to be solved. Resilience gives children the confidence to accomplish more by letting go of the fear of failure. When things don't go according to plan, because they seldom do, resilient children bounce back quickly, learning and growing from each experience. In turn, resiliency creates confident children, ready and able to succeed.



“Building resilience - the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress - can help our children manage stress and feelings of anxiety and uncertainty.”

– American Psychological Association





# Module

# 1

Raising  
Resilient  
Children



Create a healthy relationship with failure and you will Radiate with Resilience like A STAR!

**A**cknowledge and Accept Challenges

**S**how How You Try, Fail, Recover and Ultimately Win

**T**alk About the Specific Situation

**A**dvocate Independent Problem Solving

**R**ead Stories of Resiliency





## Module 1

**If you're going through a tough time, just know, this phase is just part of the bigger plan!**

Phases are phases for a reason  
Our childhood, our adulthood  
They each have their season  
Knowing it's temporary  
And remembering to breathe  
Makes it not so scary  
Let's appreciate each for what they are  
Let's grab the good and grow  
★ *And shoot off like A STAR!*

A STAR Strategies to Strengthen Resilience in Children  
Please keep in mind, these strategies will take time. Please be patient with yourself and consider this as a resource to help guide you along your journey.

“If you're going through difficult times today, hold steady. It will change soon. If you are experiencing smooth sailing and easy times now, brace yourself. It will change soon. The only thing you can be certain of is change.”

– James Dobson

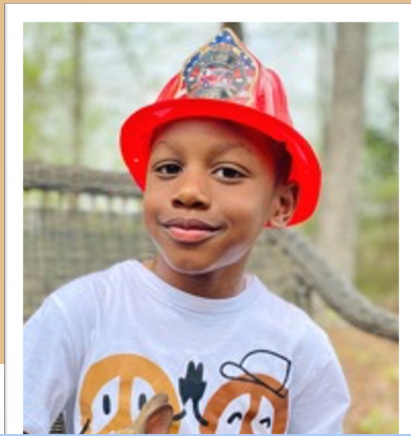
## Module 1

# Acknowledge and Accept Challenges

### Before accountability can take place...

Children must be aware, acknowledge and accept that the challenge exists. The first step for any change to take place is to be honest with yourself that challenges exist and flip them to work for you and not against you. The moment you accept the challenge, is the moment you can channel your resources toward healing and finding a solution.

For both parents and children, it takes a village. Help your children develop self-awareness to understand their strengths. Tap into those strengths, along with their "village" and support system, to overcome challenges and work through problems.



### Questions to Ask

1. What are your strengths?
2. What are your child's strengths?
3. What are your dreams, goals and aspirations for you and your family?
4. What are your daily worries, stresses and frustrations?
5. How do you defeat your challenges?

### Activity

Identify situations your child finds difficult and create a plan for how they will keep themselves calm during these circumstances.





# Module

# 2

Raising  
Resilient  
Children



## Module 2

Show how you  
try, fail...



recover, and  
ultimately win!

**Your child watches and learns from everything you do.** Therefore, the steadier and consistent your reactions are to challenges, the more they will try to manage their reactions and emotions to be like yours. How you model resilience for your child is far more important than what you tell them about it.

Surround your children with other stable, steady and positive adults, and they'll mirror that same strong behavior.


The more we allow ourselves to make peace with our circumstances and accept that we may not be able to change everything, the easier it can become to embrace our emotions and manage our state. It's important to remember we do have complete control over our attitude. Let your children see you work through these circumstances.

“

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.”

– Maya Angelou



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## Module 2

# Questions & Activity

1. Do you find it easy or challenging to try new things?
2. If you find it challenging, what specific things represent a barrier for you?
3. What ultimately helps you break through those barriers?
4. When do you feel the most confident to take on new challenges?
5. Do you write the successful scenarios to review and replicate?

**Role play with your child to help them practice skills in breaking through their barriers. Choose a realistic scenario such as starting a conversation at school.**

## ★ Model 2 Summary

**Instill in your child, now, that they can do all things, even if all things aren't accomplished perfectly.**

Over the challenges they will inevitably face, teach them how to transform those obstacles into opportunities by building a well of resilience and confidence before they need the water.

When your child comes up against one of those obstacles, challenge the challenge. Considering adversity as a necessary stage in a person's development is the way to overcome them.

Resiliency Resources for Children:

- Biblical training and scripture knowledge will defend and encourage children in their journey.
- Brave Irene, by William Steig
- The Shaggy Donkey, by Amber Peay and Anniston Hollar

**“Do not judge me by my success, judge me by how many times I fell down and got back up again.”**

– Nelson Mandela

**Accountability Check:**

Within 6 months, please feel free to provide a testimony on how resiliency is showing up within you and your child.



# Module

# 3

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Children



## Module 3

### Advocate Independent Problem Solving : Part 1



Choosing your words and ideas should be about 90% questions and 10% telling children what they should or shouldn't do.

**Take responsibility for the mistakes that take place and talk to your children about it.** What exactly happened, what did you learn and how will that experience help you next time? You, your unique experiences and life journey is your living testimony.

Talk to your children about the setbacks, however, set a timeframe for how long you choose to dwell on them. Feelings that come up can help you get unstuck and move forward. Where and who you are right now is enough and worth the investment to improve to where and who you want to be.

The simple act of talking through these situations will build a stronger, trusted relationship with your child. The more you talk together now, the more likely your child will talk to you when they're going through a tough time.



“When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.”  
– Helen Keller



## Module 3

# Questions & Activity

1. What is the most recent obstacle you faced?
2. What strengths did you rely on to get you through?
3. What have you learned about this specific situation?
4. How will you continue to learn and grow with each challenging circumstance?
5. Are there upcoming challenges you are apprehensive about that you can talk through with your child?

**Ask your child to describe their ideal lifestyle.  
Discuss probable challenges they may face.**

**How can they navigate through those  
circumstances to live out their desired lifestyle?  
Parents, what are you doing today to help  
achieve those hopes and dreams?**

## ★ Model 3 Summary

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# Module

Raising  
Resilient  
Children

# 4



## Module 4

### Advocate Independent Problem Solving : Part 2



We are human and will  
make many, many mistakes,  
and then make many more.

**Unfortunately, most of us parents get this backwards** - believing we know not only what is right, but what is possible. Countless dreams are crushed by well-meaning parents attempting to shield their children from harm. Allow them to make choices independently. Let them come to you with solutions and problem solve on their own without being given the answer. It causes children to think about their current actions in order to problem solve in the future.

And pray, pray, pray over our children. God knows best!

“Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up.”

– Mary Halloway



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## Module 4

# Questions & Activity

1. What needs to happen for your child to solve an existing problem?
2. What have they done to handle the problem?
3. Has this worked?
4. Are there specific barriers that have made it difficult for your child to solve the problem?
5. If so, how can they recognize the problem independently to identify necessary steps to solve it?

**Create a safe, healthy challenge for your child to recognize as a challenge on their own. Then allow them to think through the series of steps to solve the problem on their own. Let them think and act independently**

## ★ Model 4 Summary

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Module

5

Raising  
Resilient  
Children



## Module 5

### Read Stories of Resiliency



**Stories, examples and questions help develop social and emotional skills.** It gives us the comfort to know that we're not alone and that this very same thing has happened before.

When I remind myself, "I can do all things through Christ who strengthens me," I remember that no one ever said I can do all things perfectly, and that strength doesn't preclude me from weakness, doubts, or frustration.

If someone is going through tough times, they're going through opportunities to learn and grow. Read stories of others, possibly a friend, family member, historical or heroic figure, that accept and experiences the obstacle, and come out stronger because of it.

“Every adversity has the seed of an equivalent or greater benefit.”

– Napoleon Hill

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## Module 5

# Questions & Activity

1. What person comes to mind when you think of resiliency?
2. What classic books do you think paint a perfect picture of resiliency?
3. Who can you ask to share their personal story of resiliency with your child?
4. What is your child's own story of resiliency?
5. Describe your story and discover just how far you have made it.

**Illustrate a story of resiliency. Begin with a character that comes face to face with a challenging circumstance. Illustrate the emotions felt, how the character remained calm and overcame the challenge. Identify positive patterns throughout the story.**



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