

# 12 RESILIENCE-BUILDING Activities



## Safe Failure

- Give them a task slightly above their skill level and resist helping
- Let them try something they might fail at (a recipe a build a new skill)
- After a failure ask "what would you do differently" not "what went wrong"
- Tell stories about your own failures and what you learned

## Perspective

- Ask "will this matter in a week? a month? a year?"
- Read a biography together and count the setbacks before the success
- Play "what is the worst that could happen" and follow it to the logical (undramatic) end
- Compare a photo of them one year ago to now and list everything they learned

## Bounce Back

- Set a challenge they cannot complete in one try (juggling solving a puzzle learning a knot)
- When they say "I can't" add "yet" and mean it
- Give them a broken thing and no instructions
- Create a family "failure trophy" to celebrate the best attempt of the week

## Want a whole week of Ideas?

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