

Supporting Student Resilience: Strategies for Teachers During School Closures



Resilience is defined as...

an ability to recover from or adjust easily to change or misfortune.

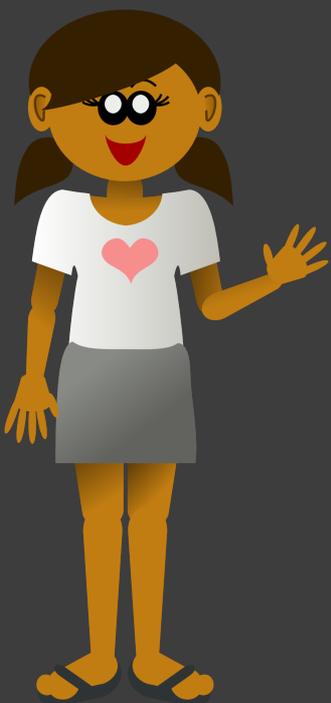


While difficult experiences can disrupt our lives, they can also make us stronger. The pandemic has disrupted the lives of students across the country, closing schools and limiting access to friends, teachers, and other caring adults, but there are things that teachers can do to support student growth and resilience.

Characteristics of Resilient Children

- Can manage strong feelings
- Confident in their strengths and abilities
- Can regulate stress levels
- Can see beyond immediate challenges
- Believes their life matters
- Engages in balance of interests and activities
- Optimism about the future
- Uses humor
- Uses active coping strategies
- Seeks out relationships and bonding
- Enjoys helping others and giving back
- Good health practices

How Can Teachers Support Student Resilience?



Provide students with choices when possible, empowering them in their learning.

Practice identifying things you are grateful for. Are there any positive aspects of the situation?

Encourage students to be kind and understanding to themselves, their families, and others. Have them ask themselves, "What can I do for myself now, and what can I do for others?"

Allow students to feel a range of emotions. Provide names to help children identify the feelings they are experiencing.

Encourage involvement in hobbies and creative activities. Ask about new things students have explored at home.

Encourage students to maintain a routine by getting up and going to bed at the same time each day.

Create opportunities for service learning, contributing in the home, and finding meaning in the situation.

Continue to reach out to students consistently, letting them know you are interested in how they are doing.

Learn More on our [Website](#)

This graphic uses information from the South Southwest Mental Health Technology and Transfer Center's new product, "Fostering Resilience: Responding to the Needs of School-Age Children." Read the full brief on our website by clicking [here](#), or by visiting <https://bit.ly/SSWResilience>.