

WORDS TO BUILD RESILIENCE

AND HELP YOUNGER CHILDREN

This feels a bit scary, but it won't last forever.

It's ok to feel worried, but we've dealt with hard things before so I know we can handle it.

When people are worried we really need to show kindness and help others.

I don't like that this is happening, but we can work through it together.

Not everything that you hear is true. Some people don't take time to find out proper facts when they worry.

We can do tough things if we work together. We're a great team!

We'll deal with this one right thing at a time. Take a breath ... and then start on the next right thing.

It's ok to be a little bit scared just now. It just means that we get to be more brave together!