

BUILDING RESILIENCY

A Comprehensive School-Wide Initiative
St. Gabriel Catholic School

ST. GABRIEL CATHOLIC SCHOOL OUR SCHOOL JOURNEY



Resilient thinking can be learned

EMOTIONAL REGULATION

- ◉ the ability to keep calm under pressure and express emotions in a way that helps the situation



Mental Health Minute



During each monthly staff meeting a different relaxation strategy is shared and practiced. Examples of these include deep breathing exercises, progressive muscle relaxation, visualization exercises. Teachers, ECEs and educational assistants are encouraged to share and practice these with their students on a regular basis.



In every St. Gabriel kindergarten classroom you can find the implementation of a 'Safe Place' where the children know to go when they need time to calm themselves. Here, they use the strategies and breathing exercises which have been taught and modelled by the FDK educator team.



IMPULSE CONTROL

- ◉ the ability to stop and choose whether to act on the desire to take action; also the ability to delay gratification and persevere



CAUSAL ANALYSIS

- the ability to analyze problems and accurately decide what the causes are

FRIENDS FOR LIFE

WALK AWAY
 IGNORE
 TALK IT OUT
 SEEK HELP



REALISTIC OPTIMISM

- the ability to keep a positive outlook without denying reality



FRIENDS FOR LIFE

Goal Setting

- S**pecific
- M**easurable
- A**ttainable
- R**elevant
- T**ime-bound

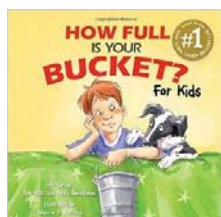




EMPATHY



- ◉ the ability to understand the feelings and needs of another person



SELF-EFFICACY

- ◉ the belief that one has the ability to solve problems and handle stress; the ability to persevere



free the children | we are the change



REACHING OUT

- the ability to take new opportunities and reach out to others

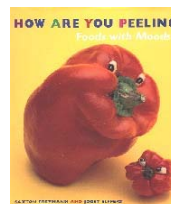
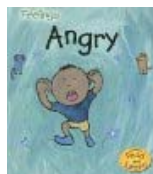
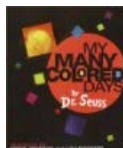
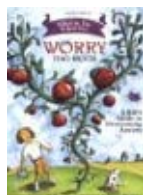


Playground Activity Leaders in Schools



Big Brothers Big Sisters of Canada

RESOURCES



Western Ottawa Community Resource Centre
Centre de ressources communautaires d'Ottawa ouest

Resources from Reaching In ...
Reaching Out (RIRO) 2013

www.reachinginreachingout.com



Storybooks that Promote Children's Resilience

These books are available in public libraries or through online booksellers like Amazon.com.

Key: (ER) = emotional regulation
(IC) = impulse control
(CA) = analyzing cause of a problem / flexible thinking
(SE) = self-efficacy
(E) = empathy
(O) = optimism
(RO) = reaching out
(CC) = cultural competence
(T) = toddler (and older kids too)

- Alborough, J., *Hug*, Candlewick Press, 2002 (E) (RO) (O) (T)
BoBo, a baby monkey shows that once we receive a hug it's easier to give one.
- Asch, F., *Moondance*, Scholastic, 1993 (ER) (IC) (O) (RO) (T)
Little Bird helps his friend Bear challenge some negative beliefs.
- Bang, M., *When Sophie Gets Angry – Really, Really Angry*, The Blue Sky Press, 1999 (ER) (O) (T)
A young girl spends time in nature to calm her intense, angry feelings.
- Berger, S. & Huberman Viscardi, H., *Junior Goes to School*, ABRAMS, 2003 (CA) (SE) (RO)
Junior's actual experience challenge his catastrophic "what ifs" about his first day of school.
- Binch, C., *Silver Shoes*, Frances Lincoln Children's Books, 2005 (IC) (O) (SE)
Mom says Molly must see how she likes her new dance class before getting a pair of silver dancing shoes. Molly finds that waiting isn't that hard when she decides to concentrate on just dancing, dancing, dancing!
- Bland, N., *The Very Cranky Bear*, Scholastic, 2008 (E)
Zebra, Moose and Lion wrongly assume that what makes them happy will also put a cranky bear in a better mood. Sheep succeeds in soothing Bear by listening and responding to his actual needs.
- Button, L., *Willow's Whispers*, Kids Can Press, 2010 (SE) (O) (RO)
Willow is frequently misunderstood because her shyness makes it hard for her to speak above a whisper. Encouraging words from her father motivate Willow to take a creative step to boost her confidence and her voice.
- Carle, E., *Little Cloud*, Philomel Books, 1996 (ER) (T)
It's calming to watch moving clouds form different shapes and pictures.
- Carle, E., *The Very Busy Spider*, New York, Philomel, 1984 (SE) (RO) (T)
A spider keeps focused until the job of making his web is finished.
- Collins, L., *Maisy Cleans Up*, Candlewick Press, 2002 (IC) (SE) (RO) (T)
Maisy and Charley wait until after they finish their chores to eat their cupcakes.
- Collins, L., *Maisy Goes to the Library*, Candlewick Press, 2005 (ER) (SE) (T)
Maisy laughs uproariously with her friends at the library. She then calms and focuses herself so she can enjoy some quiet time reading on her own.

Child Applications

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- Cowan-Fletcher, J., *Mamma Zooms*, Scholastic, 1993 (E) (O) (T)
Mamma's wheel chair is a "zoom machine" transporting parent and child together through their active day.
- Challenger, R. J., *Grizzly's Home*, Heritage House Publishing Ltd. 2005 (ER) (IC) (E) (CA) (SE) (O) (RO) (CC)
This is one of several books written by Challenger, each containing many short stories that promote resiliency abilities and life skills for young listeners.
- Dennis Wyeth, S., *Something Beautiful*, Dragonfly Books, 1998 (O)
A young girl who actively searches for "something beautiful" finds it in abundance in the hearts and actions of the neighbourhood people.
- Duksta, L., *You are a Gift to the World*, Sourcebooks, 2011 (O) (CC) (T)
A flip-sided book about the simple gifts we give to others, like a smile, a song or a hug. The other side of the book, The World is a Gift to You, helps children value the beauty and wonder of nature.
- Foley, G., *Don't Worry Bear*, Viking Press, 2008 (ER) (CA) (T)
Bear discovers that change is a natural part of life that offers transformative opportunities when he witnesses his friend caterpillar change into a butterfly.
- Fox, M., *Whoever You Are*, Harcourt Brace and Company, 1997 (E) (O) (RO) (CC)
While there may be differences, children around the world also have many things in common.
- Gallant, L., *Bread and Cheese*, L.L. Gallant, 2003 (IC) (E) (O) (RO)
Six-year-old Lorie enjoys the annual homecoming event that draws Six Nations people from near and far to celebrate their heritage.
- Galloway, R., *Clumsy Crab*, Little Tiger Press, 2007 (E) (SE) (T)
Nipper the crab changes his thinking when the same claws that make him feel clumsy actually prove to be his special gift.
- Gilmore, R., *A Screaming Kind of Day*, Fitzhenry & Whiteside, 1999 (ER) (E)
A glimpse into the rich inner world of a young girl with a hearing impairment.
- Gordon, M., *Faces of Tomorrow*, www.rootsofempathy.org (2009) (E) (T) (CC) (T)
Close-up portraits of babies from many different cultures accompanied by a single word of hope translated into French, Spanish, Punjabi and Chinese.
- Gordon, M., *Daniels Day*, www.rootsofempathy.org (2010) (E)
Daniel's day starts off badly... he's wet his bed again. Empathy and support from his family and good friend help bring some positivity to Daniel's day.
- Grimes, N., *Welcome Precious*, Orchard Books, Scholastic, 2006 (O) (CC)
A world full of sensory delights awaits a much wanted and loved new born child.
- Hainnu, R. & Ziegler, A., *A Walk on the Tundra*, Inhabit Media Inc. (2011) (CC) (SE) (O)
A young girl gains appreciation for her natural environment and culture when she accompanies her grandmother to gather edible plants. Glossaries of Arctic plants and Inuktitut words and phrases are included.
- Hamanaka, S., *All the Colors of the Earth*, Morrow Junior Books, 1994 (E) (O) (CC) (T)
A beautifully illustrated and poetic celebration of ethnic diversity.

Child Applications

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- Henkes, K., **A Good Day**, Greenwillow Books, 2007 (ER) (O) (SE)
A different point of view can change a bad day into a good one.
- Highway, T., **Caribou Song**, Harper Collins Publishers Ltd., 2001 (CC)
A family lives off the land in Northern Manitoba. Told in English and Cree.
- Jeffers, O., **Lost and Found**, Harper Collins Children's Books, 2006 (CA) (E) (RO) (T)
The unexpected arrival of a penguin at Boy's door begins the story of perseverance, resourcefulness and friendship.
- Khan, R., **Ruler of the Courtyard**, Penguin Group, 2003 (ER) (CA) (SE) (CC)
A young girl living in Pakistan jubilantly conquers her fear of the courtyard animals.
- Katie, B., **Tiger, Tiger Is It True?**, Hay House Inc., 2009 (CA) (E)
A young tiger realizes his "always /everything" thinking is making him feel mad and sad. He changes his thinking and his feelings change too.
- Leghorn, Lindsay, **Proud of our Feelings**, Magination Press, 1995 (E)
Powerful illustrations to stimulate discussion about thoughts and feelings.
- Lionni, Leo, **Frederick**, Alfred A. Knopf, 1967 (ER) (O) (E)
The story demonstrates acceptance of different people's strengths/contributions, highlighting visualization as a useful coping strategy in times of stress.
- Lite, L., **A Boy and a Bear**, Specialty Press Inc., 1996 (ER)
A boy and a polar bear demonstrate how to relax with deep breaths.
- Lin, G., **The Ugly Vegetables**, Charlesbridge, 1999 (ER) (CA) (E) (RO)
A young girl's perspective changes about her family's traditional Chinese vegetable garden when the aroma from her mom's cooking entices their neighbours to bring flowers in exchange for a taste of soup.
- MacDonald, A. & Fox-Davies, S., **Little Beaver and the Echo**, Walker Books, 1993 (ER) (SE)
A sad, lonely beaver follows the echo of his own voice and discovers his belief that he doesn't have any friends isn't true.
- McGhee, A., **So Many Days**, Atheneum Books, 2010 (O) (RO)
A poetic look at the surprises, adversities and gifts everyday life offers.
- Menchin, S., **Taking a Bath with the Dog**, Candlewick Press, 2013 (ER) (O) (T)
A young girl improves her mood by focusing on the things in life she enjoys.
- Moroney, T., **When I'm Feeling Angry**, School Specialty Publishing, 2006 (ER) (E) (CA) (T)
This is one of a series of books by the author that help children understand their feelings and find ways to cope with them constructively.
- Newman, L., **Heather Has Two Mommies**, Alyson Publications, 2000 (E) (O)
A sensitive child care provider validates each child's unique family situation.
- Osborne, M., **One Gorgeous Baby**, Pan Macmillan Ltd., 2002 (O) (T)
Mom and baby count the things that give them joy throughout the day.
- Parenteau, S., **Bears on Chairs**, Candlewick Press, 2009, (E) (CA) (SE) (T)
Four little bears use flexible thinking to include big bear in their fun.

Child Applications

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- Penn, A., **The Kissing Hand**, Scholastic, 1998 (ER) (SE)
A mother raccoon gives her child a way to soothe himself and more comfortably separate from her when he goes to school.
- Rath, T. & Reckmeyer, M., **How Full Is Your Bucket?**, Gallop Press, 2009 (IC) (E) (R)
Small acts of kindness and consideration keep our "internal bucket" full.
- Reynolds Naylor, P., **King of the Playground**, Aladdin Paperbacks, 1994 (ER) (CA) (SE)
Kevin's father helps him challenge his beliefs about the power of a schoolyard bully.
- Rice, L., **Because Brian Hugged His Mother**, Dawn Publications, 1999 (CA) (E) (RO) (CC)
Showing appreciation and kindness makes the world a better place.
- Saltzberg, B., **Beautiful Oops!**, Workman Publishing, 2010 (SE) (RO)
A creative look at transforming our mistakes.
- Sendak, M., **Where the Wild Things Are**, Harper & Row Publishers, 1963 (SE) (T)
A young boy imaginatively regains a sense of control when he is sent to his room for misbehaving.
- Seskin, S., & Shamblin, A., **A Chance to Shine**, Tricycle Press, 2006 (SE) (E) (O) (RO)
A young boy witnesses the life changing effects kindness and a "chance to shine" have on a homeless person.
- Shannon, D. **Duck on a Bike**, Blue Sky Press, 2002 (E)(SE) (RO)
The farmyard animals have a range of thoughts and feelings as they watch Duck peddle past on a bicycle. A great book to introduce children to B-C connections.
- Simon, N., **Why Am I Different?**, Albert Whitman & Company, 1976 (E) (SE) (CC)
Explores how children feel as they compare themselves to others, note the differences, and accept themselves for who they are.
- Stinson, K., **Mom and Dad Don't Live Together Anymore**, Annick Press, 2007 (E) (O)
A young girl shares both how her life has changed and how it has remained the same since her parent's divorce.
- Tankard, J., **Grumpy Bird**, Scholastic, 2007 (ER) (RO) (T)
Bird wakes up on the wrong side of the bed, but his friends help change his mood.
- Viorst, J., **Alexander and the Terrible, Horrible, No Good, Very Bad Day**, Macmillan Publishing Co., 1972 (ER) (O)
Mom helps her son see that his really awful day is not a permanent situation.
- Williams, V. B., **A Chair for My Mother**, Mulberry Books, New York, 1982 (IC) (SE) (RO)
A fire destroys a family's house and possessions, but neighbours lend a helping hand. After saving enough money grandmother, mom, and daughter make a trip to the store to buy a comfortable chair for their new apartment.
- Watanabe, S., **I Can Build a House**, The Bodley Head, 1982 (CA) (SE) (T)
A young bear is determined to build a play house that doesn't fall over. With some imagination, problem solving and perseverance he succeeds.
- Watt, M., **Scaredy Squirrel**, Kids Can Press Ltd. 2008 (ER) (CA) (SE) (RO)
Scaredy Squirrel is worried about the "worst case" scenario, but a surprising discovery challenges his catastrophic beliefs and gives him a new perspective.

Child Applications

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