

30-Day Resiliency Challenge

One way resiliency is strengthened is through relationships. Here are 30 ideas to practice building resiliency with your child. Try one idea each calendar day.

“The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver or other adult.”

—Center on the Developing Child from Harvard University

Questions? Email us at: shareandcare@cshs.org

Share & Care YouTube Playlist: ceda.rs/3tRIIdhu

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1 Draw a picture.	2 Inquire about hopes and dreams for the future.	3 Sing a favorite song together.	4 Draw a picture with your nondominant hand.	5 Build a fort.	6 Take five different photos together.
7 Problem? Explore solutions. Act it out.	8 Laugh together. Tell a joke.	9 Trace your hand. Decorate it.	10 Discuss who is important in your life.	11 Learn something new.	12 Notice something positive.
13 Without using words, act out different feelings.	14 Take 3–5 minutes to enjoy some quiet/calm time.	15 Identify which adults you can tell anything to.	16 Take five deep breaths.	17 Read or create a story together.	18 Name three things that you are thankful for.
19 Make a card for someone you are thankful for.	20 Browse through family photos.	21 Do one act of kindness toward a family member.	22 Learn/play your child's favorite game.	23 Spend time with no electronics for 20 minutes.	24 Cook together.
25 Praise your child's achievements.	26 Set goals with your child and make a plan to achieve them.	27 Sentence completion: "I'm proud of..."	28 Model positive responses to everyday mistakes.	29 Have your child prepare their own snack.	30 Start an image, then swap and see how the other finishes.