

# 10 best phrases to teach resilience to your kids

1



Goal

Humour

Phrase

“Come on, laugh it off”

2



Goal

Contain thinking,  
perfectionism and anxiety

Phrase

“Don’t let this spoil everything”

3



Goal

Distraction

Phrase

“Let’s take a break”

4



Goal

Handling worry and asking for help

Phrase

“Who have you spoken  
to about this?”



5

Goal

Offering hope

Phrase

“I know it looks bad now but  
you will get through this”

6



Goal

Positive reframing

Phrase

“What can you learn from this so  
it doesn’t happen next time?”

7



Goal

Acceptance

Phrase

“Don’t worry – relax  
and see what happens!”

8



Goal

Perspective

Phrase

“This isn’t the end  
of the world”

9



Goal

Flexible thinking

Phrase

“You could be right. But have you  
thought about ... ”

10



Goal

Taking action

Phrase

“What can we do  
about this?”