



Little Talks That Make A Big Difference: THE TEI PODCAST SERIES

PODCAST REFLECTION GUIDE

#2 Resilience: Applying What You've Learned

Definitions and Reflections:

A **resilient child** has hope and optimism for the future. A resilient child is flexible and can maneuver through life's challenges, learning and growing from these challenges and helping others in the process.

External protective factors are conditions that we intentionally create in our schools and in our communities to create emotionally safe learning environments. Our relationships with our students are our primary vehicle for directly influencing their lives.

Reflect: Think of a schoolteacher, coach, counselor or other adult of whom you have positive emotional memories. How did you feel when you were in their presence? How would you describe this person?

Pro-social skills are the "great protectors," also known as internal protective factors. They allow children to make healthy connections with peers and maneuver through the challenges that their relationships pose. Children who do not have pro-social skills, who are unable to communicate what they are thinking or feeling, often communicate through anti-social behaviors.

Micro-interactions are small moments that can have big impacts on our students, such as a comment we make at just the right time that acknowledges something important to a student.

Try This:

2x10 Strategy: Identify a student who seems disconnected, does not have a lot of friends, or with whom you have a hard time connecting. For 10 days in a row, give that child 2 minutes of uninterrupted positive, focused attention. Engage them in conversation about things they are interested in and who they are as a person. You will be giving them the unconditional positive connection that builds an emotionally safe relationship with you.