

# 35+ Things You Can Say to Boost Your Child's Resilience

1. I love you.
2. I really appreciated it when you \_\_\_\_\_.
3. Thank you.
4. I'm sorry.
5. I believe in you.
6. You are capable of making good choices.
7. That's an interesting question...What do YOU think?
8. You are capable/loveable/fun/caring/kind/a good friend.
9. That's what I call being \_\_\_\_\_. (E.g. responsible/helpful/kind/considerate.)
10. It's OKAY to feel sad/angry/disappointed.
11. It's okay to CRY.
12. You're feeling shy/anxious/scared right now? Everyone feels that way sometimes.
13. I have a hug for you. Would you like it?
14. Listen to your gut and trust yourself.
15. YOU are the only one who controls how you feel/what you say/how you act.
16. We all make mistakes sometimes. What can you learn from this mistake?
17. Try your best. Winning isn't everything.
18. Will this matter in 5 minutes? 5 months? 5 years from now?
19. And this too shall pass.
20. Anything worth having, is worth waiting for.
21. If you wait long enough, there will always be a break.
22. Follow your own path.
23. You can be anyone you want to be, and do anything you want to do.
24. It's the little choices that we make each day, that take us where we want to go tomorrow.
25. When people are hurtful, it's usually because they are full of hurt.
26. Courage is being scared, but doing what needs to be done anyway.
27. Try, try again.
28. Give it a try. You can always change if it doesn't work out.
29. You can do anything you set your mind to.
30. You're stronger than you think.
31. You must be proud of YOURSELF.
32. If you want others to respect you, you must first respect yourself.
33. The most important opinion anyone can have of you - is your own.
34. Today is a good day, even if it rains.
35. Start out how you can hold out.

*Life is not about finding yourself,  
It is about **CREATING** yourself.*

~George Bernard Shaw