

Thursday 6th August Post Back to School Tip #4

Building resilience can help us to develop the skills we need to cope with challenging times. Each day we are sharing tips for families which offer suggestions which may help with the return to school.

Back to School Tip #4: Look on the Bright Side - *Find positive moments, however small, each day*

Our brains are wired to notice threats, sometimes that stops us seeing the good stuff. That can mean we have to really **try** to be positive.

Your child: Help your child identify the positive things about lockdown easing or returning to school. Who might they be looking forward to seeing or what might they be looking forward to doing?

You: Consider the positives for you of lockdown easing and children returning to school.

Together: It can be helpful to make time each day to think of one or two positive things. It may be nice to write these down in diary or post them in a jar, share them with your child and listen to their ideas. You could have a phrase like "Today I loved.... playing football with you"

For more information about going Back to School and supporting your own and your child's wellbeing visit www.edinburgh.gov.uk/backtoschool
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