

## The 5-item Checklist for a Stronger, More Resilient Child

*This exercise will help your child be stronger when experiencing changes in his (or her) daily life.*

a. Is the change a wake-up call for me to do something differently?

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b. Will the change open up more opportunities for me to grow and learn? How?

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c. How will this change make me a stronger, confident person?

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d. How can this change benefit me?

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e. What have I learnt from this change?

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