



12 Encouraging Phrases to Build Resilience in Kids

1. I love the way you always try so hard.
2. Keep going, you're nearly there.
3. I'm so proud of how you always give things your best try.
4. I know this is hard but I also know you will get there in the end.
5. What other ways could you approach this?
6. Is there a way I can help you without doing the task for you?

7. I believe in you. You've got this.
8. Just take a few deep breaths and try again/another way.
9. Believing in yourself takes lots of practice.
10. Sometimes we have to fail and then try again, and maybe even fail and try again in order to succeed.
11. You've done it once, I know you can do it again.
12. You are very brave.

