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.
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.

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