



Stay connected and stay healthy

Cotati Rohnert Park Unified School District



Building Resilience in Children

Resilience is the ability to recover or adapt well to difficulties, trauma or stress. Resilience uses a variety of skills and coping tools. Children who are resilient have developed inner strength that helps them bounce back from bumps in the road or even failures and thrive. Resilience can be built, just like building muscle.

Factors that help children build resilience include:

- Having a supportive relationship with a trusted adult in your family or community.
- Self-efficacy: the belief that you are able to perform a task or manage a situation.
- Self-regulation: the ability to understand and control your behavior and reactions to things happening around you.
- Practicing valued faith and/or cultural tradition.
- Maintaining a hopeful outlook.

Not all stress is bad. Short term stress or positive stress can motivate, and help focus energy, feel exciting, improve performance (like when you compete or take a test). Talking about feelings and emotions can build strength and help someone cope with life's up and downs. It is never too late to build resilience! Here are [some tips to build resilience](#).

Healthy through the Holidays

Stress-free Holiday

For some people, the holidays can be a stressful time. Our usual routines become more hectic. We may feel pressure to spend too much money. We may even feel pressure to feel happy even when we don't feel that way. Expectations – our own and others' – may be unrealistically high.

There are many things that one can do to help prevent the stress and negative emotions from taking over. The first thing to do is to acknowledge your feelings and don't hesitate to reach out for help to a loved one or mental health professional. Also, if you plan ahead and have a budget to guide you, it can take away a lot of pressure and make a holiday realistic and less difficult. Don't forget to rest and take time to practice healthy habits that will naturally make you feel better. Please check out how you can [Fight Stress with Healthy Habits](#).

HEALTHY EATING

Reindeer Treats

Ingredients:

- 2 cups oat cereal or Cheerios
- ½ cup raisins
- ½ cup broken pretzels
- ½ cup diced dried apricots
- ½ cup sunflower or pumpkin seeds
- 1 ½ Tbsp melted butter or margarine

Directions:

-Place all ingredients in a quart-sized sealable plastic bag, seal and shake until mixed. Enjoy!



GET MOVING



Play together: Indoor Snowball Fight

-Dump an equal number of "snowballs" in each player's/team's area.

(Snowballs can be large soft white puff balls or socks rolled in a ball).

-Mark areas with a line in the middle.

(lay a jump rope on the ground or colored tape- think 2-square or 4-square court).

-Set a timer for 2 minutes.

*Start the timer, and throw!!!

*When the timer goes off, everyone freeze.

***The player/team with the least number of snowballs wins.

KEEP CALM AND...

Communicate

Most people want to be heard and understood. Being able to communicate how you feel can help others understand you better, and improve healthy relationships. Good communication is a learned skill.

Some of these skills include:

- Listening
- Taking turns talking
- Eye contact
- Open-mindedness
- Respect



Click: [More Communication Tips](#)