

Beyond the Classroom

The Evergreen School District Wellness Newsletter



Building Resilience in Children

What is Resiliency?

- Being resilient is the ability to overcome obstacles and challenges by finding ways to bounce back and thrive.

Why is it Important?

- The more resilient a child is, the better they may be able to deal with adversities during their lifetime as they grow from children to adolescents and young adults.

What role do parents play in showing their child how to be resilient?

- Parents have the biggest role to play in helping their children develop life-long tools and coping strategies that support resilience.



- When parents role model resilience, they are providing teaching moments to their children by showing positive ways to face struggles while being able to quickly bounce back and move forward.



- Being flexible with approaches and maintaining caring relationships with children are the most promising ways to enhance children’s capacity for resilience.
- Self-Care for parents is very important. Taking care of yourself overall, being healthy, and managing stress levels will give you the tools to also face challenges and obstacles. It is when your child watches how you overcome these adversities that will in turn help them to learn positive self-care strategies by giving them the clear vision of how to be resilient in life.

Tips for Parents:

- Everyone has the capacity for being a resilient individual.
- Take care of your health. Make time to eat and prepare healthy foods, get a good night’s rest, and maintain an active lifestyle with exercise on a regular basis.
- Model being kind, caring, compassionate, and understanding.
- Manage stress with breathing exercises and listening to calm music.
- Keep control of emotions and maintain patience as much as possible.
- Keep in mind that when things do not go as planned, these are teaching moments and learning experiences.



Free Family Fun Events in the Silicon Valley

Free Neighborhood Easter Party & Family Olympics

Saturday, March 31st, 2018

This event includes kids activities, an Easter egg hunt, family games, music, prizes, food and other fun sports. *Free admission for event.

Please Note: \$6 fee for parking inside park

Location: Lake Cunningham Cypress Pavilion

2305 South White Road, San Jose, CA 95148

Hours: 11am to 3pm

For more information, and to register for this free event, go to:

<https://www.eventbrite.com/e/easter-for-san-jose-tickets-43488289645>



Bay Area Kids' Book Fair - Silicon Valley Edition

Saturday, April 7th, 2018

Bay Area Festivals is pleased to present their 3rd annual FREE INDOOR Bay Area Kids' Book Fair. The Silicon Valley fair is Saturday, April 7, in Campbell with free admission and free parking

Location: Orchard City Banquet Hall - Campbell

1 West Campbell Ave. @ Winchester Blvd., Campbell, CA 95008

Hours: 10:00AM - 3:00PM

For more information, and to register for this free event, go to:

<https://www.eventbrite.com/e/bay-area-kids-book-fair-silicon-valley-edition-tickets-42736204137?aff=erelexpmlt>

9th International Children's Festival in the Bay Area- Arts- Culture-Dance

Saturday, April 21st, 2018

Discover the world from San Jose. International Children's Festival unites world cultures in the Bay Area through food, fun and dance. Join and explore a variety of cultures from your neighborhood! *Free admission for this event.

Pony Rides, petting zoo, cultural dances of more than 20 different countries, ethnic foods, and more!

Location: Discovery Meadow Park

180 Woz Way, San Jose, CA 95110

Hours: 10:00AM to 5:30PM

For more information and to register for this free event, go to:

<https://www.eventbrite.com/e/9th-international-childrens-festival-in-the-bay-area-arts-culture-dance-tickets-41184882091?aff=es2>



