



Become your Super self

**CULTIVATING RESILIENCE &
FLOURISHING FOR KIDS & THEIR
FAMILIES**

DR. SUZANNE TOUGH

Learn how you and your family
can handle stress and feel
strong, happy, and connected






Welcome friend!
Let's learn about the things that help you feel strong, happy, and able to handle challenges.

Sometimes things feel easy.
Sometimes things feel tricky.

Learning about the 3R's helps you grow through both easy times and tricky times.

The 3R's help you be strong inside.



Routines



Resources



Relationships



Sometimes we feel happy.
Sometimes we feel mad.
Sometimes we feel wiggly inside.
That's normal!
Resilience means trying again.



**Resilience is your
superpower that helps
you keep going.**

**Draw yourself as a superhero! What are you good at?
This helps you know your super powers!**

Routines

Routines are things you do the same way over and over again.

They can be actions, like brushing your teeth, or ways of doing things, like putting away toys.

They can also be activities, like free time to play or reading for fun.

Routines help keep your day organized so your brain stays relaxed.

This means that you can use brain power for learning, playing and trying new things!

Routines have a pattern: a cue, an action, and a reward.

Cue
when it's bedtime...



Action
you read a book...



Reward
and you fall asleep easily

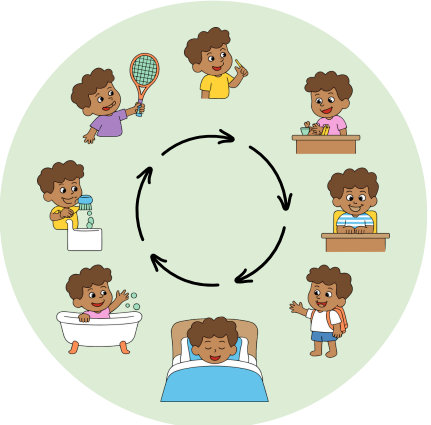




What are things that you do every day? Can you think of a new routine that would help you have more time to play?

For example, after I clean up my toys, I can have more time to play.

This is my day!
What does yours look like?



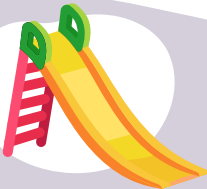
Draw one thing you do everyday!

Resources



What are they?

Resources are the places and groups where you learn, have fun and feel supported.



Having supportive places and people can help you feel safe, calm, make new friends and learn new things. These places and people can also cheer you up when you have a bad day.



Examples are the library, playground, school, lessons and teams, your friends and neighbours.



✦ **TIP!** Your family can find resources by visiting the library, calgaryschild.com, calgary.ca or [@familyfunnyc](https://www.instagram.com/familyfunnyc) for ideas!





*Where do you like to go?
What do you like about
this activity?*

**Use the web below to draw or write
the people and places that help
you.**

*Like the library, a playground,
or your school.*



Relationships



Kind people are part of your superhero team. Being with others helps you feel better inside.

Make friends by saying hi, asking to play, sharing, and using kind words.

Family



Friends



Family and friends are examples of **close relationships**.

Neighbours



Teachers



Neighbours and teachers are examples of **people that you know, but not as closely**.





Who do you see a lot?
What do you talk to them about?
How can you be a good friend
to them?

Every superhero
needs a sidekick!
Write or draw who
yours are.

people I go to sometimes

people I go to most

Social Snacking



What is it? Short, friendly moments with other people that make you feel happy.



Social snacking helps you feel included and make new friends.

Examples are waving to a neighbour, saying hi to someone at school, or giving someone a compliment.

When you do this, your brain releases a happy chemical called **oxytocin**.

And guess what? The other person's brain does too! This helps you both feel safe, calm, and happy.

★ **TIP!** Try to do 3 social snacks a day to help you make friends.





Circle the social snacks you did this week!

Say hi to my teacher

Give someone a high five

Tell someone "good job!"

Invite someone to join a game

Ask a friend to play

Sit with someone new at snack time

Say hi to my bus driver

Play with a classmate at recess

Wave to someone I know

Say hi to a parent or friend I see at the park

Say bye to my friends and teacher at the end of the school day

Give a compliment (like "I like your shoes!")



You did it, superhero!

Now you know about the 3Rs to help grow your resilience superpower.



Your routines, resources, and relationships help you handle good and bad days



Now you're ready for whatever kind of day comes next.

For Parents

You can begin your journey to cultivating resilience and flourishing through accessing our free adult-friendly online workbook.

Decades of research by Suzanne Tough, PhD, and others have been turned into practical approaches to help you feel better, make better decisions, and find more time for what truly matters.

In as little as 5 minutes, you can get some ideas that may be helpful for you and/or your family.

Get started now! Access the full workbook or just the worksheets, whichever suits your needs.

Available in both colour and greyscale.



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Connect with the lead author

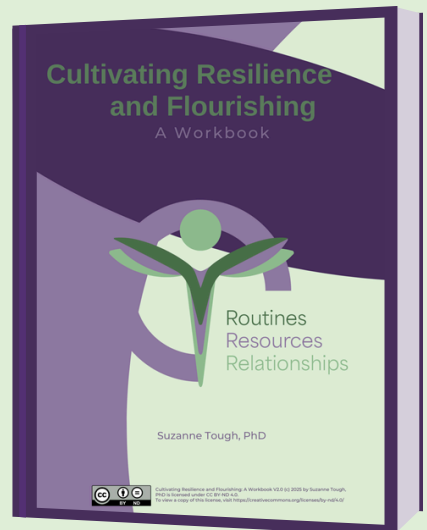
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Cultivating Resilience and Flourishing

A Workbook



Routines
Resources
Relationships

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