

IF YOU COULD SEE INSIDE MY HEAD....

A Game to Build Resilience

Having relationships with adults who listen and support children's thoughts and feelings is a crucial part of resilience for kids.

How to play:

Sit together



Take turns talking & listening

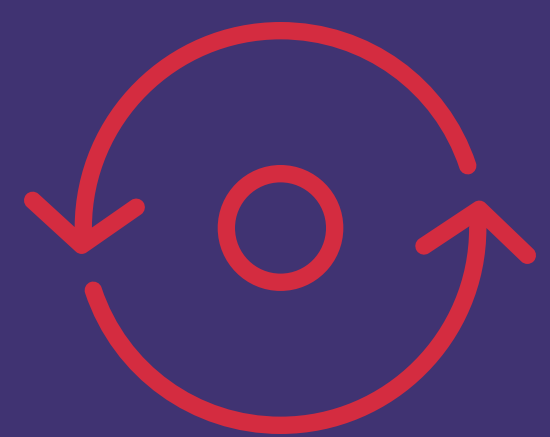


1st turn-taker says

"If you could see inside my head, you would know...."

+ one fun fact about you

2nd turn-taker listens & then takes their turn



To promote resilient thinking:

talk about times that were hard or frustrating

how you solved a problem

why you didn't give up

how you tried something new

offer specific praise

helps kids know what they did well

makes it more likely they will try new things

It was hard in math today when I did not understand.

But I raised my hand and asked for help

You did a great job staying patient.

Different ways to play the game:

For younger children

Give them some topics to start off like:

favorite color

favorite food

"Let's say our favorite game at recess. If you could look inside my head you'd know that my favorite game is....."

To build classroom friendship skills

Talk about what being friendly means

"When we ask our friends questions we learn more about their interests."

Pair up and have children practice completing the phrase and their partner practice listening.