

THE "OVERCOMER" RESILIENCE CHECKLIST

Focusing on Human-to-Human (H2H) Skills & Practical Agency

1. INTERPERSONAL "HUMAN-TO-HUMAN" SKILLS

- **The "Eyes Up" Rule:** Practice active listening where the child maintains eye contact and summarizes what was said before responding. This counters the "distracted scrolling" habit.
- **Conflict Resolution (The "Non-Digital" Way):** In an era of "ghosting" or "blocking," teach the skill of having a difficult 5-minute face-to-face conversation. Use the *CHOICES Life Skills* workbook to practise expressing a grievance without an emoji.
- **Reading the Room:** Help kids identify non-verbal cues (tone of voice, body language) that are often lost in text-based communication.

2. PRACTICAL LIFE SKILLS & PERSONAL POWER

- **The "Fix-It" Mindset:** Instead of Googling a solution immediately, encourage the "Try First" approach. Ask: *"What are three ways you could try to solve this problem using just what's in this room?"*
- **Resourcefulness & Economic Awareness:** Discuss the "Economic Shocks" you and your family might be dealing with due to job loss, food price increases, an absent spouse or other. Use the *Help Your Child* parent guide to teach them how to budget a small amount or "make do" when resources are tight—building the "overcomer" muscle.
- **Self-Regulation Transitions:** Teach them how to move from a high-stimulation digital environment to a low-stimulation physical task (like chores or reading) without a "mood crash".

3. DECISION-MAKING UNDER PRESSURE

- **The "Pause" Technique:** Before making a choice (academic or social), teach them to ask: *"Is this decision helping my 'Future Self' or just my 'Now Self'?"*
- **Navigating Uncertainty:** Frame natural disasters like hurricanes not just as scary events, but as opportunities to lead. *"What is your role during a storm? How can you help the family?"*