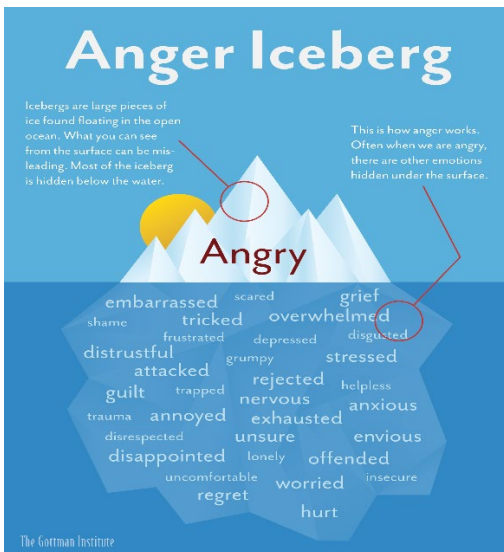




**AVON LOCAL SCHOOL DISTRICT**

## FAMILY TOOL KIT

*At The LCADA Way, we are focusing on the challenges and needs of our community. The reality of COVID-19, has changed the way we feel, communicate, relate, learn, work, and live. Since different families have different needs, we want to ensure that we are continually providing support for our communities and families. We have created this **Family Tool Kit** which contains helpful resources and supports, to assist you during this time. If you have any questions, or would like assistance in applying these resources, please contact us at The LCADA Way – Prevention Department at (440)-989-5912. We are here to support you!*



To manage emotions in a healthy way, it is important to have the ability to recover quickly from the misfortune or disruptive change that we are experiencing, without being too overwhelmed or acting in dysfunctional or harmful ways.

*Did you know that ANGER almost always “masks” fear or other emotions such as anxiety, shame, guilt, helplessness, or grief? We tend to resort to anger because it allows us to protect ourselves from, or cover up other vulnerable feelings.*

*“Managing emotional reactions means choosing how and when to express the emotions we feel. People that do a good job of managing emotions know that it’s healthy to express their feelings ~ but that it matters how and when they express them.”*  
~Psychologytoday.com~

This ability is referred to as **RESILIENCY!** ~

~ **LET’S EXPLORE RESILIENCE** ~



When a person is able to cope with their emotions in a positive way, and practice **resilience**, it can provide them a sense of control and will allow them to feel more positive. This also can provide many **health benefits**, and is often associated with longevity, lower rates of depression, and greater satisfaction with life.

**HOW TO DEVELOP RESILIENCE:**

- **Keep things in perspective** ~ how you think can play a significant part in how you feel.
- **Accept change** ~ change is part of life; recognize what you can control and cannot control.
- **Maintain a hopeful outlook** ~ an optimistic outlook can empower you to expect good things.
- **Learn from the past** ~ this reminds us how to respond effectively to new difficult situation.

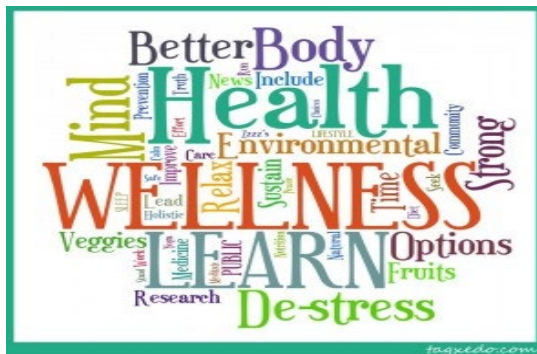
**CHECK OUT this helpful website for more on how to develop resilience:** <https://www.apa.org/topics/resilience>

**HOW TO PRACTICE RESILIENCE:**

- **Parents** – Be mindful and model resilience for your child; children look to their parents to guide their own emotional responses to stressors.
- **Help children manage their own emotions** by encouraging them to identify their feelings. Studies show that when children are able to identify and understand their emotions, they are better able to regulate them.
- **Stay flexible** - expect to face challenges, **take action** - think about how to improve a situation and lastly, **STAY CONNECTED** – nurture the relationships with people that provide support in our lives.

**CHECK OUT these creative and fun websites for more on how to practice resilience:**  
<https://positivepsychology.com/resilience-activities-exercises/>

[https://theimagineproject.org/teaching-kids-students-to-be-resilient/?gclid=EAlaIqobChMI65z16uak6QIVEdbACh2U3wDBEAAYiAAEglwxvD\\_BwE](https://theimagineproject.org/teaching-kids-students-to-be-resilient/?gclid=EAlaIqobChMI65z16uak6QIVEdbACh2U3wDBEAAYiAAEglwxvD_BwE)



*We hope that you find these resources helpful. If you have questions, or are in need of a specific resource, we would be happy to assist you. Please contact your District Prevention Educator, Ashley Truman-Skvor, [atrumanskvor@thelcadaway.org](mailto:atrumanskvor@thelcadaway.org) or [trumanskvorashley@avoneagles.org](mailto:trumanskvorashley@avoneagles.org). The Youth and Family Tool Kits are designed to coordinate with one another. Visit us on Facebook @ [Keys to Prevention](#). **THANK YOU!***

~ Volume 2 ~