

# All-purpose Emotional Resilience Skills and behaviours



Congratulations on your purchase. This set of **BEST Hero Bands** is specific to the *Highway Heroes* curriculum and is a powerful way to give children positive and specific feedback about playground-based attitudes, skills and behaviours. Here's how to get the most out of each of the *Highway Heroes* specific **BEST Hero Bands** in this set:

## **Band 1 - I AM RESILIENT**

*Emotional resilience is the capacity to learn from, accept, cope with and/or tolerate everyday happenings. It is the very foundation of success, thriving and flourishing at home, at school and anywhere that challenges a child. When a child actively demonstrates resilience, that is the moment to notice and reward it.*

## **Band 2 - I AM A SUPA THINKER**

*Positive, optimistic and helpful internal dialogue helps to calm the brain and prompts positive feelings and behaviours - and that's called Supa Thinking. Having a positive mindset is essential along life's journey. Supa Thinking helps work to get finished, chores to be undertaken, homework to get finished. It's magic!*

## **Band 3 - I USE CALMING DOWN THINKING**

*"It's not that bad." "Chill out." "Calm down." Helpful thinking that helps a child to manage life's ups and downs, that once practised and automated improves every single aspect of life. It's a learned skill that needs noticing and rewarding to cement and sustain.*

## **Band 4 - I USE CALMING DOWN BREATHING**

*Deep breathing - the instant, on-tap way to achieve emotional self-regulation. Every child who uses this life skill to self-manage should proudly wear one of these band - that skill will be in demand throughout life. Why not teach a specific way to breath - like blowing a bubble (slow and steady) that helps a child to connect to what deep breathing feels like in their system.*

## **Band 5 - EMOTION FACES (5)**

*Emotional literacy means knowing what feeling(s) are happening and managing them early and effectively. This band is a portable system of identifying and acknowledging an emotional state—almost too easy.*

## **Band 6 - EMOTIONAL THERMOMETER NUMBER LINE - 1-10**

*Scaling is such a simple tool for identifying where you're at emotionally. Is it a 1—not much happening, or is it a 10—a very strong emotional response? This band gives children a simple reference system for the intensity of their feelings. Why not try asking what would be happening differently if it was 1 number less on their scale. Children quite often know their own solutions—we just have to remember to ask.*

## **Band 7 - FEELINGS FAMILIES**

*There are so many words to describe feelings, that knowing the Feelings Families—Happy, Sad, Angry and Worried simplifies this in the moment for a child. If a child can use a word to describe the Feelings Family that's visiting them, they're well on the way to getting that feeling back under control.*

## **Band 8 - I CAN TRICK SILLINESS**

*A common visitor in child-land—silliness. Using Calming Down Thinking and Calming Down Breathing is a great way to trick Silliness and get it to whirl on off somewhere else. Teaching a child to stay calm and to make a good decision about their behaviour—the silliness tricking system that works.*