

# Foundations

## What are 'resources' and how do I find them?

*Best for ages 3-8. The goal of this conversation is to teach your child how to discover internal and external resources to help them in any situation in life.*

Begin by teaching your child the concept of resources. Resources are things that help us. They can be things that help us function daily, things that help us function when we are struggling, or things that help us reach our overall goals.

Depending on the age of the child, you can teach them the difference between "internal" and "external" resources.

- Internal resources tend to be different traits or skills we may have, or things that depend solely on us (patience, thinking things through, using time and distance to calm down, exercise, etc.)
- External resources are things or people in our environment that we turn to for support and assistance (our family and friends, music, books, journaling, etc.)

Hashem created this world full of "resources," full of supports for us to use to help us maximize our time in Olem Hazeh. Whenever we find ourselves in a challenging/unpleasant situation, it is important to remember that Hashem always gives us the necessary resources to pull through.

After you discuss the concept of resources, ask your child to identify something that was difficult for them recently. Prompt them to share how they navigated the situation. Challenge your child to identify at least 1 more possible "resource" they could have used to solve the problem.

### Here's an example of how the conversation may play out:

**Parent:** Can you think of something that happened recently that was hard for you? How did you work through it?

**Child:** Yeah. I really wanted that Shabbos cereal we always have but we never got a new one. I asked you to put it on the list.

**Parent:** That's a great example! You used your words as a resource and you used me as a resource! Two things that were able to help you! Can you think of another thing you could have done in that situation?

**Child:** Um, gone to a neighbor? Had a different cereal?

**Parent:** Parent: That's wonderful! Two more great resources you could have used to work through that struggle.

**Look for opportunities moving forward to use this language when you notice your child trying to problem solve.**



Building Our Future Today.