



Ways to Use the Magnet Kit!

The Magnet Kit features the same 42 strategies as the deck of cards. Additionally, it offers a creative learning experience to build proficiency and ownership of the building blocks.

The square of 50 words creates the opportunity for individual expression of feelings and emotions. A word or group of words can describe an individual's response to the strategy (magnet) posted on a refrigerator or whiteboard.

Example: If a parent displays the strategy *Experiencing Success* on the fridge, a child might build the following statements: *I am skilled*, or *I am competent*.

This is most helpful for children/youth who may struggle with expressing their internal feelings, and even help them learn to describe what and where those feelings are within their bodies. It is all part of learning to describe emotions, and to recognize the same in others.

One idea is to post a different strategy (magnet) each day (or week, depending on how many activities you want to use for each strategy). Then ask children to define the strategy in their own words or help them think through how to define it. The first step is to increase their vocabulary so they can gain proficiency in the 42 resilience strategies.

In order to "fact-check" their understanding of the strategy, you could then ask children to do any of the following, depending on a child's developmental age:

- use the strategy in a sentence
- act out the strategy
- journal (or talk through) an example of using that strategy
- draw a picture of being engaged in the strategy
- make up a song about how they feel with that strategy
- add movement, exercise, or an activity to get more senses involved in the learning process
- do a skit of using the strategy versus not using it

Example: The *Ability to Calm Oneself* is a fun example for children and their peers. One child demonstrates being upset or anxious over something and either knowing how to recognize and manage that emotion (via a moment of breathing or other mindfulness activity) or asking for help with the emotion.

The same or another child is demonstrating a meltdown, tantrum, or other non-regulatory response.

- complete a creative writing activity, e.g., by writing in the shape of a heart or favorite animal

Example: Children explain how they will use a strategy, describing their personal feelings before and after applying it, e.g., the *Ability to Calm Oneself*. Then they identify WHERE or WHAT that feeling/emotion is coming from so they can recognize it. They affirm that all emotions are OK to have, and that it is how we manage the emotion that matters.

- ask them to identify which strategies they are familiar with and which one they want to explore next
- have them track their proficiency by how many more they have learned and how they are embedding these skills into their life
- describe a movie or book in which a strategy was used.

These ideas depend on whether the kit is used individually or in a group setting.

Most children haven't had the opportunity to explore their emotions in order to build positive responses to them, so these strategies offer that, with support from the adult. The *Why?* and *How?* and *Example* (in the Magnet Kit Guide) give adults the research basis to use as they demonstrate, model, and promote the strategies. Children learn best when they watch adults engage in the strategy.

I first thought of creating the Magnet Kit based on my memory of my dad's love of language. He would post a different vocabulary word on the kitchen bulletin board as he left for work. By dinner time, we each had to define the word, use it in a sentence (including a diagram of the sentence to teach sentence structure), give a synonym and an antonym and, of course, spell the word! Thanks for the coaching, Dad!



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