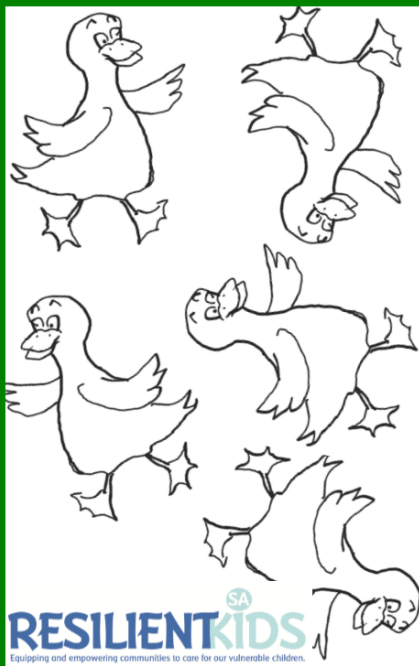




Hoops,  
Ducks  
&



Big  
Green  
Windows

Emotional Regulation  
&  
Resilience Skills  
for  
Less Violence & More Hope



NPO 139-830

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## **About Resilient Kids SA**

Since 2010 Resilient Kids SA has worked with community-based organisations, churches, families and individuals to help create emotionally safe spaces for children and adults to become more resilient. Our desire has been to empower and equip communities and individuals to take care of our vulnerable children; to have community-based, teams of safe, caring adults who can provide ongoing support to children. Through workshops, training courses, camps and other activities we have provided, and continue to provide, adults with knowledge and skills needed to work with children (in their context) in a way that builds each child's resilience.

Through our experience of working with adults across South Africa and beyond, we realised that many adults are still struggling with their own vulnerable childhood. Whether as parents, caregivers, role models, or community workers, the desire to strengthen children for a better future is often motivated by childhood struggles and wounds. For lasting change to happen, adults need to develop and grow their own emotional agility and resilience.

## **About our Training**

We are a faith-based organisation which recognises the intrinsic value of every person. All our activities are values driven and designed to promote and preserve the dignity and rights of each individual participant. We work with people of any faith or none.

Our aim is to provide learning environments and opportunities that allow each individual and community to take responsibility for identifying and, with training and support, begin addressing the needs particular to their situation.

We believe that the best learning takes place when safe spaces which foster trust and mutual respect are created. To facilitate this in each course, workshop or support group a contract is negotiated and agreed upon. Contracts usually cover (amongst other things): non-judgement, what 'respect' looks like (including how to deal with differences of opinion), confidentiality, participation and how to accommodate different languages.

We acknowledge prior learning (formal and informal), valuing the wealth of knowledge and experience each person brings with them into the learning environment; we try to draw this out and build upon it. We also acknowledge that literacy levels and learning styles vary from person to person and make provision for this; encouraging participants to make room for each other. We value and encourage feedback so that we can monitor, evaluate and improve our training.

We are aware that all people carry hurt, prejudice and cultural scripts which affect the way they view themselves, others and the topics being explored. We sensitively address any of these issues as they arise and encourage participants to become more self-aware as well as more aware of others. We address stigma (both internal and external) on all our courses because of its major impact across South Africa.

Our training is holistic in that it acknowledges and speaks to the physical, educational, emotional/psycho-social and spiritual aspects of each person.

## **Problem Statement**

### **Violence**

South Africa is a nation plagued by violence. A quick glance at the news day by day tell us this is true – violent crime, gender-based violence, child abuse, race-based violence, road rage and more. Violence is a huge problem.

It is, however, a complex problem with many equally complex and interrelated contributing factors behind it – inequality, poverty, and our history are three that spring to mind. In some ways, violence can also be seen as a symptom of other societal problems. Thus, we speak of the cycle of violence.

### **Out of control and/or feeling powerless**

One on-the-ground factor, which contributes to the growing incidents of violence in just about every sector of our Nation, is the lack of individual emotional regulation. For various valid reasons many people are in survival-mode, emotionally. Seemingly powerless to change. This inability to regulate big emotions – even to know that it's possible and necessary – is largely what is behind the violent outbursts – big and small - that we see play out around us day after day. Sometimes in our own homes or families. Sometimes we are the ones 'losing it' and acting violently – verbally, if not physically.

## **Response Statement**

In the end, whether we categorise violence as a problem, a symptom, or a mix of both, something – many somethings - must be done to break the cycle of violence at every level.

### **Complex problem – complex solution**

In recognising the complexity, we acknowledge that any proposed response or remedy must be multi-faceted and multi-levelled – many varied somethings. Systemic change is needed. On-the-ground programmes, interventions and initiatives are needed. Working with people where they are – in their communities, homes, schools and families will have a much greater, more sustainable impact if their context, from local to national, is being improved. And, similarly, changes in policy, systems and contexts will be more readily received and embraced by people who have, or are beginning to, live rather than survive.

### **(Re)gaining power and self-control**

Neuroscience shows that patterns of behaviour, ways of being in the world and relating to others can change with help.

Given the opportunity, skills, and support people -individuals, families, communities - can break out of emotional survival. Anyone - child or adult, educated or uneducated, rich or poor, anyone - can learn when and how to regulate their emotions and build healthy relationships with others. Everyone can develop resilience building skills which will help them to develop a powerful, increasingly non-violent way of living in the world.

Through courses, workshops, family interventions, and more, Resilient Kids SA works with adults, youth and children to provide skills and knowledge for this shift to happen.

## What we offer

All our training is interactive and experiential. We use simple tools – *hoops, ducks and big green windows* - to teach and develop emotional regulation and resilience skills.

Focusing on core-skills needed for emotionally healthy, resilient adults and children we currently offer the following. However, we are willing to adapt, adjust and even develop training to suit your context.

### Courses

Resilience Building for Caregivers – Introduction to Psychosocial Support

This is a **5-day experiential learning workshop** introducing a range of aspects relevant to offering effective psychosocial support to children.

These are the main topics we cover in the course:

- The importance of names
- Value
- Prejudice, world view
- What we mean by ‘experiential learning’
- Feelings, emotions & how to manage them
- Vulnerability & the needs of the child
- Resilience and how to build it
- Listening skills
- The importance of play
- The child, children’s rights, child development
- Bad stuff happens – dealing with trauma, abuse, change, loss & grief
- Self-care for the caregiver
- Where to now? – applying Resilience Building in your context

### Core Principles of Resilience Building

These are **half-day**, or **full-day** workshops designed to **introduce the basics** of emotional regulation, emotional agility and resilience to adults. The knowledge and skills apply to all adults, not just those who work with children.

Depending on the context and needs the following topics will be covered to varying degrees:

- Value, Identity & Core Beliefs,
- Circles of Control,
- Feelings, emotions & how to manage them
- Resilience Basics,
- Behaviour as communication,
- Handling emotions and conflict,
- Boundaries and healthy ways of relating.

### Family & Parenting Programs

#### Core Principles of Resilience Building Parenting Workshop

This workshop is designed to introduce parents to the core principles of resilience as they apply to raising children.

Topics include:

- Value,
- Names,
- Resilience,
- Listening,
- Playing,
- Discipline.

## **Parenting for Resilience Course**

This course, over six sessions, looks deeper at the topics covered in *Core Principles of Resilience Building Parenting* and adds other topics such as:

- Attachment & attunement,
- Ages & Stages,
- Emotional regulation
- Dealing with Change, Loss & Grief
- Love Languages,
- Learning Styles

## **Family Resilience Building Intervention Program**

There are multiple benefits to having a program tailor-made to meet your family's context and then run in the comfort of your own home. The program usually runs over 6 sessions.

## **Resilience & Calm Down Packs**

Packs containing activities to help you build resilience skills and promote emotional regulation at home.

## **Resilience Building Workshops – topics**

We can run workshops on any of the topics covered in the courses

For example:

- Dealing with Change, Loss & Grief
- Being trauma informed in your context
- Emotional language, emotional regulation & brain science
- Listening – to myself, to children and others, to God
- Me and my story
- Self – care

## **Camps and residential training**

Our team has a wealth of experience facilitating experiential learning camps for children, youth, adults, and families. The benefits of getting away together are numerous and highly recommended.