



FAMILIES TACKLING TOUGH TIMES TOGETHER



FAMILY
CHILDREN

We Can Get Stronger! Transcendence and Spirituality

Family beliefs can help us to make meaning out of hardship. Our personal beliefs include values, attitudes, and spirituality. Sharing our values and culture with our children can help them to cope with tough experiences and the big emotions that come with them. These beliefs play an important role in building resilience by offering meaning, support, and comfort in the face of hardships. Storytelling and connecting with nature are two good ways to share our values with our children and push us beyond our own boundaries.

Storytelling is a powerful way to share important values and beliefs with children at any age. However, when we engage in storytelling, we should share with our children why the stories are important to us and how they relate to our lives today.

Getting outside can be one way to increase our resilience. When children interact with nature they learn about its importance and beauty. Through exploring nature, children can learn more about how we are all connected to one another as well as being connected to nature.

Activities

- **Share stories from your family.** Every family has a history. Develop links to your family's culture by talking about your background. Consider telling stories about your childhood or passing down tales about family members who came before you. Sharing these kinds of stories provides a personal history for your child that will help them understand their place in the world. You may wish to consider keeping your family story at the Library of Congress by recording conversations with family members remotely through [Story Corps Connect](#).
- **Write stories together.** For older children, consider writing stories together that reflect your family beliefs, culture, or heritage. Encourage your child to take the lead in developing the moral of the story. If you need help in getting started you may wish to check out some tips from [ReadWriteThink](#).
- **Explore and collect objects from nature.** Consider taking a nature walk around your yard, the block, or in a local park as you talk about what you see. Suggest a focus for each walk or ask your child to choose a focus. Examples might include finding the most birds or looking for the smallest animals. Take along a magnifying glass for viewing very small things, if possible. You may wish to take photos of interesting things your child notices or encourage your child to collect small, interesting objects like leaves, flowers, acorns, etc. Your child may wish to keep their "treasures" in a bag or express their creativity by making a [nature collage](#).

To learn more about the science behind fostering resilience through nature play and storytelling, you may wish to read the below research:

- [Young children's contributions to sustainability: The influence of nature play on curiosity, executive function skills, creative thinking, and resilience.](#)
- [Storytelling: an approach that can help to develop resilience.](#)
- [Consider storytelling to help children cope during COVID-19](#)