



NEWSLETTER

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JUNE 2025

FOSTERING RESILIENCE, EMPATHY, AND COMMUNITY WELLBEING

BUILDING RESILIENCE IN KIDS

Resilience is the ability to adapt well in the face of adversity, trauma, or stress. For children, developing resilience is essential—not just for overcoming challenges but also for building confidence, independence, and lifelong wellbeing.

WHY RESILIENCE MATTERS

Resilient kids are better equipped to manage everyday stress, navigate social situations, and recover from disappointments or setbacks. They are more likely to try new things, persist through difficulties, and maintain a positive outlook even when things don't go as planned. Let kids fail in safe, supportive ways teaching them to bounce back, learn from mistakes, and grow stronger with each setback. Failure isn't the end; it's where confidence and character begin.



By nurturing resilience in children, we help them build the inner strength needed to thrive—now and in the future.

WELCOME TO JUNE!

As we welcome June and look forward to summer, it's a perfect time to focus on the values that help our children and community thrive—resilience, empathy, and gratitude for those who support us. This month, we're highlighting ways to nurture these qualities in our kids and recognize the important roles others play in our wellbeing.



WAYS TO BUILD RESILIENCE IN KIDS:

- **Encourage a Growth Mindset:** Teach children that abilities and intelligence can grow through effort and learning. Use phrases like, "You can't do this yet, but you're improving every day."
- **Model Coping Strategies:** Let kids see how adults manage frustration, disappointment, or mistakes. Talk openly about challenges and how you overcome them.
- **Support Healthy Risk-Taking:** Allow kids to try new activities, even if there's a chance of failure. Facing small risks in a safe environment helps them learn to cope with uncertainty.
- **Teach Problem-Solving Skills:** When challenges arise, guide children through brainstorming solutions, weighing options, and making decisions.
- **Normalize Asking for Help:** Remind children that everyone needs help sometimes. Encourage them to talk about their feelings and seek support from trusted adults or friends.
- **Foster Strong Connections:** Strong relationships with family, friends, and community provide children with a sense of security and belonging.
- **Celebrate Effort and Progress:** Focus on the steps children take and the effort they put in, not just the final result. Recognize perseverance and improvement, however small.

PRACTICAL ACTIVITIES FOR HOME:

- **Share** stories (books or personal experiences) about overcoming obstacles.
- **Practice** relaxation techniques together, such as deep breathing or mindfulness.
- **Create** a "gratitude jar" where kids can write down things they're thankful for each day.
- **Set goals** as a family and celebrate milestones along the way.



NEWSLETTER

WWW.PROJECTFRONTIER.ORG

JUNE 2025 - PAGE 2

THE POWER OF EMPATHY FOR KIDS

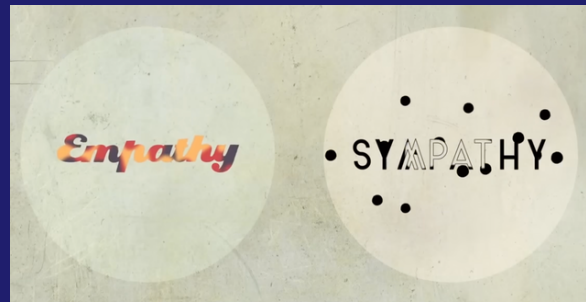
Empathy is the ability to understand and share the feelings of others. For children, learning empathy is key to forming healthy relationships, resolving conflicts, and creating a more inclusive environment at home, school, and in the community.

Why Empathy Matters:

Empathetic children are more likely to cooperate with others, show kindness, and stand up against bullying or unfairness. Empathy supports emotional intelligence, which plays a significant role in academic success, mental health, and overall wellbeing.

WAYS TO FOSTER EMPATHY IN KIDS

- **Model Empathy in Everyday Life:** Children learn empathy by watching adults. Show understanding when someone is upset, and talk about your own feelings in age-appropriate ways.
- **Encourage Perspective-Taking:** Ask questions like, "How do you think your friend felt when that happened?" or "What would you do if you were in their place?" This helps children practice putting themselves in someone else's shoes.
- **Use Stories and Media:** Read books or watch movies together that focus on characters experiencing different emotions or life circumstances. Discuss how the characters might feel and why.
- **Praise Kindness and Compassion:** Recognize when children show empathy, whether by comforting a friend, sharing, or listening actively. Pointing out these moments reinforces empathetic behavior.
- **Practice Active Listening:** Teach children to listen without interrupting and to respond thoughtfully. Reflect back what you hear to show understanding ("It sounds like you felt sad when...").



EMPATHY VS. SYMPATHY

Click the image above (or visit <https://youtu.be/KZBTYViDPIQ?si=XRttmm41kU3y57W4>) to invest a few moments watching this video: "What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities."





NEWSLETTER

WWW.PROJECTFRONTIER.ORG

JUNE 2025 - PAGE 3

HONORING FIRST RESPONDERS: FIRST RESPONDER AWARENESS DAY (JUNE 9)



First Responders Awareness Day, observed on June 9, is a special opportunity to recognize and thank the brave individuals who serve our communities—firefighters, police officers, paramedics, EMTs, and others who respond first in emergencies. These dedicated professionals work around the clock, often putting themselves at risk, to keep us safe and provide help when it's needed most.

Why First Responders Matter:

First responders are often the first to arrive in difficult or dangerous situations. Their quick thinking, courage, and compassion save lives and offer reassurance to people in crisis. Whether it's a fire, medical emergency, natural disaster, or other urgent event, these individuals are the backbone of community safety and support.

How We Can Show Our Appreciation:

- **Express Gratitude:** Encourage children to write thank you notes, create artwork, or record video messages for local first responders.
- **Learn About Their Work:** Take time to learn about the different roles first responders play. Consider inviting a first responder to speak to children or share stories about their work.
- **Support Their Wellbeing:** Discuss the importance of mental health for first responders, who often face high-stress situations, and the value of community support in helping them cope and stay resilient.
- **Acts of Kindness:** Simple gestures, like waving, saying thank you, or dropping off healthy snacks at local stations, can mean a lot.

SPOTLIGHT ON MEN'S MENTAL HEALTH

Let's Break the Stigma Together!

Men's Mental Health Month reminds us that everyone needs support, including boys and men in our community. Recent research highlights rising loneliness among Gen Z and Millennial men.

What Can We Do?

- Encourage open conversations about feelings—emotions are for everyone.
- Challenge stereotypes that say boys and men shouldn't talk about mental health.
- Share resources and support lines confidentially.
- Remind everyone: asking for help is a sign of strength, not weakness.

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By encouraging resilience, teaching empathy, and honoring those who serve, we build a stronger, more caring community for everyone. Wishing all of our families a safe, healthy, and restorative summer ahead!