**Ages: 6-8**

# What was the hardest thing - and what helped?

4 min



The topic is framed around resilience - the focus is NOT on "tell me about your pain," but on "what helped you cope."

**Main question:** «Was there something hard today? And most importantly - what helped you deal with it?»

**If one word:** «Did someone nearby help? Or did you do something yourself?»

**If they open up:** «And tomorrow, if it happens again - what would you try now?»

## What we practised:

*«"What helped" instead of "what went wrong" is a turn toward resilience. The child learns: difficulties exist, but I can handle them. This is the foundation of resilience.»*