



# Building Resilience in Gifted Children

Resilience is a protective skill that can be used to help Gifted/High-Ability children cope with stressful life events. While some children are naturally resilient, it may take other children longer to develop this skill. Parents and educators play an important role in the development of this skill, as children more often learn through modeling. Once a child has developed resilience, they're better able to manage their responses to stressful life events, which increases their overall well-being.

Gifted/High-Ability children can be more at risk in their educational settings due to unique social and academic challenges. Gifted/High-Ability may struggle to adjust to new academic settings and rigorous coursework, especially if they are struggling to connect with others. Children might find it difficult to meet friends who share similar interests and abilities. The difficulties in finding/making friends can make building resilience more challenging.

Adults can help children overcome life stressors and build resilience by modeling optimism. Especially, when faced with challenges. Parents can help their children develop more resilience by helping them learn how to cope with stressors. When a child learns to identify and utilize tools that help them to calm themselves, they grow more resilient. Parents should also seek out personal support, this can help them feel prepared to tackle both personal and parental challenges.

School is also a great place for children to build resilience. Teachers can assist Gifted/High-Ability children by nurturing academic resilience, by providing them with a safe and supportive environment.

This will help children to grow more comfortable with sharing challenges. When children learn how to support each other, this helps children feel respected and valued. They learn that asking for help is okay and learn they're not alone in their struggles.

Adults can help to increase a Gifted/High-Ability child's capacity to overcome challenges by nourishing their most resilient characteristics. With the support of parents, educators, and peers children find community and grow more resilient. As children grow, they learn how to better manage their emotions, so it's important that they learn how to build healthy relationships with both their peers and adults.

When teaching children the importance of resilience, it's important to focus less on what is happening and more on the reaction. Our response to stressful life events can predict our emotional health and can increase our well being. When children learn how to remain optimistic while being accepting of negative events they grow more resilient. Fortunately resilience is a skill that is learned, so it's never too late to begin development.

## Resources:

1. [Arhondoula Alexopoulou, Alexandra Batsou, & Athanasios Drigas. \(2019\). Resilience and Underachievement in Gifted Students: Causes, Consequences and Strategic Academic Methods of Prevention and Intervention. \*International Journal of Online and Biomedical Engineering\*, 15\(14\), 78–86](#)
2. ["Building Resilience in Troubled Times: A Guide for Parents." \*Center for the Study of Social Policy\*, 31 July 2020, 2](#)
3. [Conrad, Lisa. "Growing Resilient Gifted Kids." \*Global #Gchat Powered by TAGT\*, 14 Aug. 2018](#)