



# THE KIDS ARE ALL RIGHT!

podcast

## LEARNING HOW TO DEAL WITH THE HARD THINGS IN LIFE!



Today we chatted with Dr Mary O'Kane lecturer in Psychology and Education about how we can learn to deal with the hard things that sometimes come along in life.

This is called Resilience and she explained that it's the ability to plod on, even when things are tough.

...And she believes that kids have learned LOTS of resilience through the Covid crisis!

She talked about how most kids (and adults!) hate when things change...



...BUT explained that when we accept that change is a normal part of life and recognize All the changes we've already successfully been through...

...that this can really help us build our resilience and find our INNER BRAVE!