

# RIRO Resilience Activity Modules (RAMs) for Parents and Children



## What are RAMs?

- ✓ Brief interventions that are simple, activity-based and fun.
- ✓ Stand-alone modules that can be offered singly, in any order, or built upon through repetition.
- ✓ Designed for children, ages two to eight, and adaptable for children of various ages.
- ✓ Each module reinforces core RIRO messages about resilience: parent empowerment, importance of role modeling, relationship and thinking skills, controllable aspects, change is possible, hope/optimism.
- ✓ Include activities that:
  - support the parent-child relationship
  - support changes in behaviour and thinking
  - promote seven core competencies associated with resilience: emotional regulation, impulse control, causal analysis, empathy, self-efficacy, realistic optimism and reaching out to others/opportunities.
  - can be repeated on an ongoing basis without necessarily requiring further professional intervention.

## How, where and when can RAMs be used?

- ✓ These brief interventions usually take 15-20 minutes; ideas are offered for extending the activity to 45 minutes or longer.
- ✓ No special equipment or extra materials are required so modules can be delivered anywhere:
  - Home visits
  - Office visits
  - Parent-child centres and other community settings
  - Waiting rooms in professional offices, schools, child care centres.
- ✓ The modules are flexible and can be used in multiple formats with:
  - Individual parents (for later use with child at home)
  - Parents and children together (parent models for child, professional models with child and parent observes, etc.)
  - Parents in a group format (professionals and parents model).
- ✓ Each module consists of two parts plus handouts (tip sheets and posters):
  - **“GRAB & GO”** activities can be facilitated by any professional or paraprofessional working with individual parents and children (2 pages)
  - **Group activities** plus homework, other resilience resources and engagement strategies should be facilitated by professionals who have completed RIRO’s 12-hour resiliency skills training so that they can model the resiliency skills with parents and children (3-4 pages).

## Where do I access the RAMs?

- ✓ Six modules build inner strengths that support resilience. Click on any topic below to access the RAM and associated poster and tip sheet or visit [RIRO’s website](#):
  - [Understanding Feelings](#)
  - [Flexible Thinking](#)
  - [Keep Trying](#)
  - [Being Calm](#)
  - [Positive Outlook](#)
  - [Participation & Helping Out](#)