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Resilience
&
play

BY
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THIESSEN

The Surprising
Missing Pieces of
the Language Learning Puzzle

Resilience: How do we define this?

Resilience

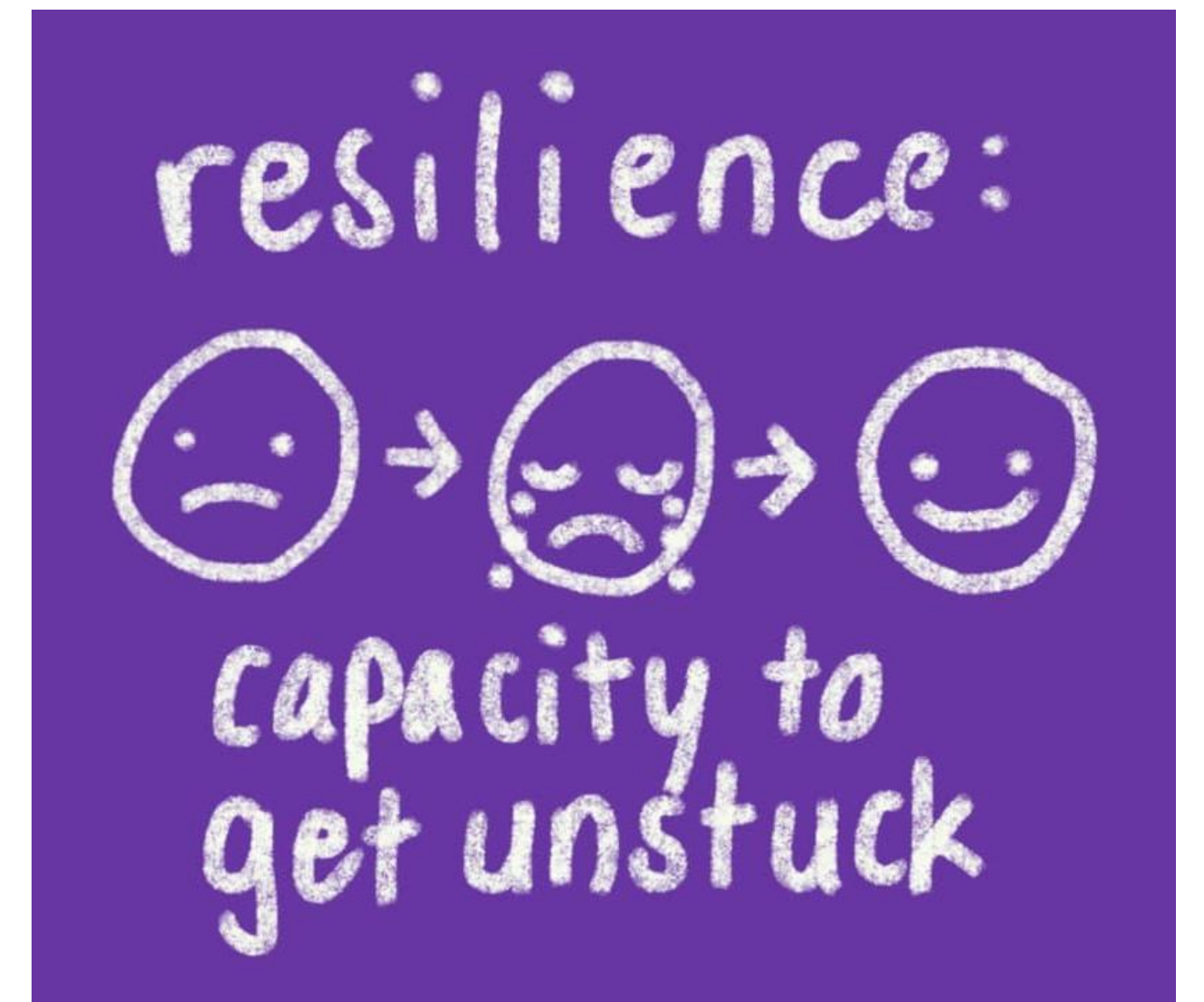
- getting through a bad time, even a trauma, surviving without damage
- returning to a “normal” state—whatever that may be—hopefully joy and calm
- OR: Gordon Neufeld.
 - capacity to experience our emotions, embrace them, let the “move” us through life
 - mindset of seeing emotions as waves, some experiencing bigger waves than others
 - ability to adapt (adaptive process) by allowing the waves to resolve (often through tears)



Resilience: at it's heart

- emotional awareness
- emotional versatility, comfort level with our emotions
- capacity to move (not get stuck) “through” our emotions
- to live whole-heartedly from within, with motivations that are authentic and include “others”
- ability to reflect on our emotions and make better choices
 - for our own equilibrium
 - for the sake of others: compassion, justice, purpose

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Resilience for Children

- a safe place to express their emotions
- a safe person to help them learn words for and understand feelings
 - a place of acceptance that childhood is “rocky” (up and down)
 - a place of comfort where tears are more than “allowed” (valued)
- freedom to explore the emotional landscape of human reality
- freedom to play with emotions that may have gotten stuck
- PLAY: the natural landscape for emotional exploration and development

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Relationship: Context for Emotional Maturing

- Safe
- Secure
- Calm
- Comforting
- Compassionate
- Grace-filled
- Bonus: this is not just for children

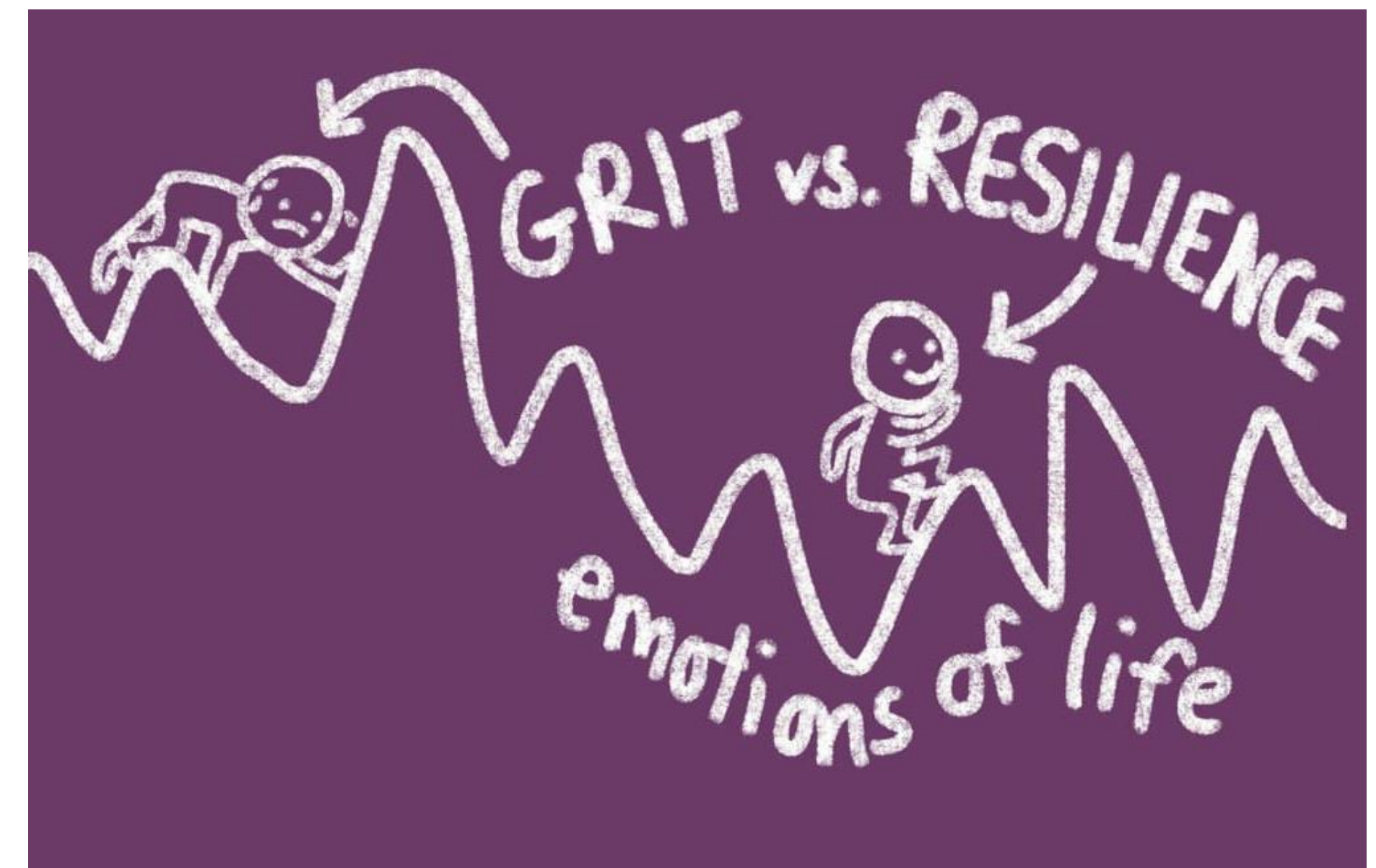


GRIT: What and Why?

Grit

- Pioneer researcher: Duckworth
- Well researched and well defined: passion and purpose = persistence
 - seen as one of the best predictors of success in college/university
 - marks us as motivated from within, seen as a key to self-motivation
 - Correlated with Resilience? No, the inverse.
 - *For a whole video workshop by Elaine on Grit, scroll down to RESOURCES*

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Grit: Adults and Children

- not the same thing for adults and children
- adults have developed grit, are often depending on it
- children are in the process of developing grit, will see it come and go
- adults are free to model grit, to even talk about their experience of grit
- children need to NOT be overshadowed by an adult who has fully refined their purpose and may feel overcommitted to their child being motivated and successful because of the adult's grit (passion, purpose, perseverance)
- adults are “responsible” for creating conditions for the child to develop and mature (grow)



PLAY and EMOTIONAL GROWTH

- adults make it possible for children to play, or play well
- what is play? A bubble, suspended...
 - self expression, free of outcome, full engagement
- think of passion, purpose and perseverance as seeds that will grow under the right conditions
 - safety
 - rest...play
- the natural design will “unfold” with/into grit if we respect and observe emotion as part of the design
- *Scroll down to RESOURCES for more talks and research on Play*



FLOW: What and Why?

Flow

- Daniel Goleman: “in the zone” — fully immersed, energized and enjoying the process
- “is the sweet spot in the brain where the systems that are maturing are designed to function together for the sake of functioning at full capacity” —Play? Work or Play?
- prefrontal cortex (reason, problem solving, planning, analysis, judgment, outcome) is suspended in order to release you to full capacity
- research: 500% more productive: measuring outcome—in adults
- having enough challenge that it “demands” you to fully engage
- self-confidence is a key component, but must be combined with humility
- another bonus: this may just release you as an adult to find new levels of engagement

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Flow in Children: Play?

- do we study flow in children? how is it different than play?
 - when we impose outcome, we have made it work—no longer in the bubble of play
 - what is playfulness? is it play? does it have the same value?
- what are researchers claiming develops through play?
 - social awareness and appropriateness
 - problem solving, planning
 - roles in life, responsibility
 - passion, interests, purpose
 - emotional well-being: far more foundational and the seat of resilience

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RELATIONSHIP: Kingpin

LANGUAGELEARNINGFORCHILDREN.COM

- Our Four Legged Stool
 - Design is key: we are designed to learn language.
 - Relationship is at the heart of language. We have instincts and wiring that motivate language learning but they are rooted in the inherent desire and design for relationship
 - Children are precious. We will always seek to treat them with respect and dignity.
 - Parents (and those in relationship) offer something to children that a curriculum cannot replace. Our goal is to uphold your place as a parent and resource you to have success in every way possible, but specifically in cross cultural living and language acquisition.
 - Our Mission Statement: TO HELP CHILDREN FEEL AT HOME IN ANY LANGUAGE

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HOME...where hearts are attached

- what is “Home” to your child? Dr. Gordon Neufeld: Home is a person not a place
- Zygotsky: ZPD. We all learn and perform best in the safest relationships we have
- Caring, Leading, Safe adult
 - Instincts are put in us on purpose: Protect, Provide, Connect
 - Brain function (amygdala) signals alarm, frustration, isolation...as a need to go HOME
- Resilience (emotional capacity), Grit (growth into passion and purpose)
 - Home is You



PLAY, RESILIENCE, HOME, LANGUAGE

- your child is going to thrive when their emotional capacity is growing into resilience
- your child is going to grow when they have ample space for play in their life
- your child is going to embrace language when there is a relationship that is safe and secure inviting them to communicate
- your child is going to grow into language when it is a part of nature's learning: play
- You are the essential piece that creates the “zone” where your the conditions they need to rest, play, learn and grow
- You are the bridge that makes your child feel they have a home the new language you are learning together
- *Explore these topics further in an online course for young overseas. Get info and an exclusive discount when you scroll down to RESOURCES.*

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Thanks for joining this workshop

- Send any questions about RESILIENCE, PLAY, GRIT, FLOW, and HOME to Elaine directly:
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- Send any questions about LANGUAGE LEARNING or related topics to the team at:
languagelearningforchildren@gmail.com

CREDITS

- Gordon Neufeld, The Neufeld Institute, Youtube (many videos) on child development
- Daniel Siegal, Tina Bryce Payne, Karyn Purvis, Alfie Kohn) on brain development
- Daniel Goleman and Steven Kotler on the topic of Flow
- University of Bolton, Duckworth and Salmela-Aro on the topic of Grit
- Dr. Lawrence Cohen, Why Play Matters
- Dr. Deborah MacNamara, Rest, Play, Grow

REFERENCES

- [All that Glitters is not Grit](#), Frontiers in Psychology. 29 August, 2018.
- [Investigating Grit as a Non-cognitive Predictor in College Success](#), The Review of Higher Education, Johns Hopkins University Press, Winter 2017.
- Ericsson, Prietula and Cokely. [The Making of an Expert](#) Harvard Business Review, Jul-Aug 2007.
- Angela Duckworth. TedX, [True Grit: Can Perseverance be Taught?](#).
- Kori D. Miller. Positive Psychology, [5+ Ways to develop a Growth Mindset Using Grit and Resilience](#)
- Howard Garner. TEDX, [Beyond Wit and Grit: Rethinking the Keys to Success](#)
- Flow, Goleman. [Ethical Conversation - Fierce Peacefulness](#)

RESOURCES

More on Language Learning, Family, & Home:

- Free language curricula at [LanguageLearningforChildren.com](https://www.LanguageLearningforChildren.com) which reflects principles discussed in this workshop. Designed for small classroom and home use.
- [Course by Elaine Thiessen: *Building A Multilingual Home*](#). 5+ hour video course to help strengthen the “foundations, walls, and roof” of your young family’s language learning. You will get 90% off course price only until March with code **DWELL90** or use **DWELL60** for 60% off all year long.

More on Grit:

- [Video Workshop: “Grit: Is it Good Enough?”](#) by Elaine Thiessen on her personal website.

MORE RESOURCES

More on Play:

- Gordon Neufeld: [basics on play for emotional maturation](#) (for kids and adults both)
- TEDTalk - Stuart Brown: [Play as an essential, biological part of being a mammal with & the importance of how it is building the brain](#)
- TEDx Talk: Mallory Nezam: [Power of Play, a summary of the four points of play](#) from research of Peter Gray