

# EXAMPLES OF STRUGGLES FOR KIDS

## **NORMAL HEALTHY LIFE STRUGGLES:**

The everyday challenges that come with growing up. These happen naturally as kids navigate school, family, friendships, and responsibilities. Your job is to guide them through these struggles, not remove them.

Navigating social conflict in school

Becoming a responsible contributor to the family

Developing the discipline to get homework done well and on time

Unexpected illness

Overcoming drug addiction

Worse?

## **UNHEALTHY STRUGGLES:**

Serious challenges that are overwhelming, dangerous, or beyond what kids should face alone. These require extra support, intervention, and sometimes professional help. Your job is to rally around them and get them the help they need.

## **INTENTIONALLY DESIGNED HEALTHY STRUGGLES:**

Challenges you deliberately create to help kids grow in specific ways. These stretch them just beyond their comfort zone in a safe, supported environment. Your job is to design the right challenge at the right time with the right support.

Becoming a talented musician

Earning a blackbelt in martial arts

Becoming financially competent