

## BUILDING RESILIENCE WITH YOUR CHILD

### *Using Characters From TV and Books*

As a parent you care about your child more than anyone! You have a big job – you help them grow and learn and keep them safe. But, some things are out of your control. Things like: illness, loss of loved ones, crime in the community, or terrorism in the news are just a few examples.

It's not always possible to protect our kids from these things, but we can help them learn how to bounce back when things are hard, confusing, or painful. We can teach them to **BE RESILIENT!**

**Resilience** is the bounce back after a hard time or change. You can help your child to develop resilience in everyday moments that they can later use in their own lives as adults

There are many examples of characters in books and on TV practicing resilience. You can read about these characters or watch them in a show or movie. Then you can talk to your child about how the character showed resilience. You can help your child think about ways they can bounce back the same way that the character did.

**Unsure how to get the conversation started? Try using some of these questions with your child!**

- What happened to the person in this story?
- How did the person react to the hard or scary thing that happened, at first?
- What did the person do to get through the situation?
- What would you do if it was you in that situation?
- What would be hard or easy for you to make it through that?
- What did the person learn by the end of the story?
- What could you do to help a friend going through something hard or scary like that?

You can also use these questions to talk about characters in your child's favorite tv show or movie. The goal is to show your child examples of people or characters facing hard things in life and working through it. Talking about those examples will help your child gain ideas and tools to manage challenging situations that they might experience too.

**Here are some books to read with your child about resilience:**

#### **Board Books (Pre-K)**

- Whistle For Willie by Ezra Jack Keats
- Click, Clack, Moo: Cows That Type by Doreen Cronin
- The Paper Bag Princess by Robert Munsch

**Picture Books (Pre-K to 3<sup>rd</sup> Grade)**

- The Adventures of Beekle: The Unimaginary Friend by Dan Santat
- The Hugging Tree: A Story about Resilience by Jill Neimark
- A Chair For My Mother by Vera B. Williams

**Chapter Books (4<sup>th</sup> Grade – 5<sup>th</sup> Grade)**

- El Deafo by Cece Bell
- Harry Potter Series by J.K. Rowling
- Out of My Mind by Sharon M. Draper

**For more book ideas, visit the links below:**

<https://afineparent.com/positive-parenting-faq/childrens-books-about-resilience.html>

<https://www.noodle.com/articles/10-picture-books-that-teach-grit>

<http://www.readbrightly.com/books-activities-that-teach-kids-resilience/>

<http://www.readbrightly.com/books-help-children-grief-loss/>