

RESOURCES TO HELP BUILD RESILIENCE FOR PRESCHOOL-AGED CHILDREN: A FACT SHEET FOR PARENTS AND EDUCATORS

Resilience can be defined as the capacity to effectively deal with stress and pressure, and cope with everyday challenges. This factsheet provides a list of videos, resources, games and books that can help children strengthen relationships and social skills to build resilience.

Click on any image to find that book or activity online.



VIDEOS:



RESILIENCE by Sesame Street

Young children face new challenges at every age and stage—that's why it's so important to help them build the skills they need to become resilient. With self-confidence and the ability to express themselves, little ones will be able to handle whatever may come their way...and will just keep getting stronger.

<http://www.sesamestreet.org/toolkits/challenges>

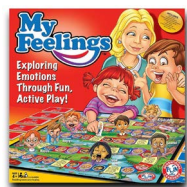


HUNTER AND EVE

Children learn how to build resilience, and coping with natural disasters by watching Hunter the fox and Eve the owl, in their forest adventures.

<http://dcc.missouri.edu/hunter-eve.shtml>

GAMES:



MY FEELINGS GAME by: Sensational Learners Inc.

My Feelings features seven basic feelings that players will first identify, then explore by moving along the game board. As they play, children will discover how to recognize feelings in themselves and in others, and to cope with them in socially appropriate ways while having fun.

<https://www.amazon.com/Feelings-Educational-emotions-clinicians-educators/dp/B016VGFLSC>



EMO MOOGY THE EMOTIONS BOARD GAME by: Miniland

This Game helps children identify and communicate their feelings and helps them explore why they may feel sad, happy, frustrated and more. A fun way for kids to expand their communication and social skills.

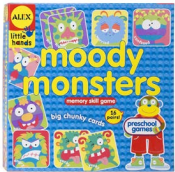
<https://www.amazon.com/Emo-Moogy-Emotions-Board-Game/dp/B01FL1816C>



I FEEL STAMPS by: ALEX Toys Little Hands

This game helps children understand their feelings, and stamping helps to develop fine motor skills.

<https://www.amazon.com/ALEX-Toys-Little-Hands-Stamps/dp/B000F3S0AE>



MOODY MONSTERS by: ALEX Toys Little Hands

Funny monster memory game, that teaches children about emotions.

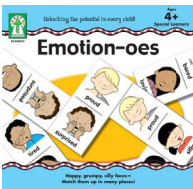
<https://www.amazon.com/ALEX-Toys-Little-Hands-Monsters/dp/B01M3YXTD7>



EGGSPRESSIONS WOODEN FIGURE SET WITH BOOK by: Hape - Early Explorer

This game promotes emotional maturity as children identify their feelings. The set includes six expressive wooden eggs with a book.

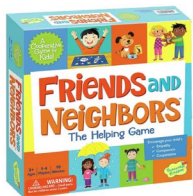
<https://www.amazon.com/Hape-Eggspressions-Wooden-Learning-Illustrative/dp/B006WZKDT0>



EMOTION-OES BOARD GAME by: Key Education Publishing

This game helps children recognize and identify emotions in others while building empathy.

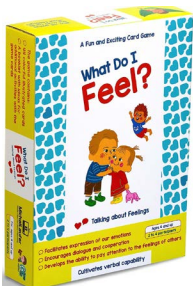
<https://www.amazon.com/Key-Education-Publishing-840022-Emotion-oes/dp/1483800334>



FRIENDS AND NEIGHBORS: THE HELPING GAME by: Peaceable Kingdom

This game is a social-emotional game that develops empathy and compassion.

<https://www.amazon.com/Peaceable-Kingdom-Friends-Neighbors-Helping/dp/B01CCIS410>

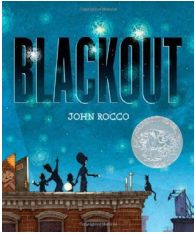


WHAT DO I FEEL by: Michal Laufer

This game stimulates openly talking about your feelings, helps deal with frustrations and complicated emotions, and builds one-on-one bonding in relationships.

<https://www.amazon.com/Michal-Laufer-Unique-44-Piece-Educational/dp/B01DME0YQK>

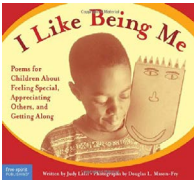
BOOKS:



BLACKOUT by John Rocco
(ISBN# 1423121902)

A story about the power going out and how a people in the community come outside to enjoy each other's company.

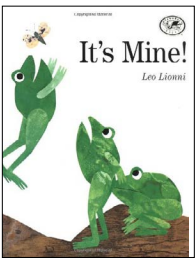
<https://www.amazon.com/Blackout-John-Rocco/dp/1423121902>



I LIKE BEING ME: POEMS FOR CHILDREN ABOUT FEELING SPECIAL, APPRECIATING OTHERS, AND GETTING ALONG by Judy Lalli M.S
(ISBN# 1575420252)

The themes—being kind, solving problems, learning from mistakes, telling the truth, dealing with feelings, making decisions, being a friend, and more—are clear, understandable, and relevant to the everyday lives of young children.

<https://www.amazon.com/Like-Being-Me-Children-Appreciating/dp/1575420252>



IT'S MINE by Leo Lionni
(ISBN# 0679880844)

Three frogs live together on an island in the middle of Rainbow Pond. All day long they bicker, but a bad storm and a big brown toad help them realize that sharing is much more fun.

<https://www.amazon.com/Its-Mine-Leo-Lionni/dp/0679880844>



IT'S OKAY TO MAKE MISTAKES by Todd Parr
(ISBN# 0316230537)

It's Okay to Make Mistakes embraces life's happy accidents, the mistakes and mess-ups that can lead to self-discovery.

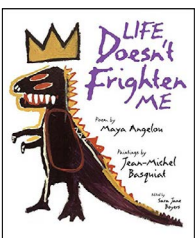
<https://www.amazon.com/Okay-Make-Mistakes-Todd-Parr/dp/0316230537>



WEATHER-NATIONAL GEOGRAPHIC by Kristin Baird Rattini
(ISBN# 1426313489)

Kids will discover what causes the weather they experience every day. This Level 1 reader is written in an easy-to-grasp style to encourage the meteorologists of tomorrow.

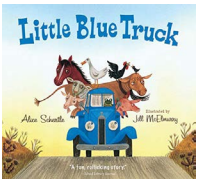
<https://www.amazon.com/National-Geographic-Readers-Kristin-Rattini/dp/1426313489>



LIFE DOESN'T FRIGHTEN ME by Maya Angelou, Sara Jane Boyers
(ISBN# 1556702884)

From the scary thought of panthers in the park to the unsettling scene of a new classroom, fearsome images are summoned and dispelled by the power of faith in ourselves.

<https://www.amazon.com/Life-Doesnt-Frighten-Maya-Angelou/dp/1556702884>

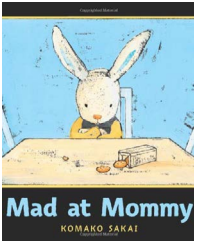


LITTLE BLUE TRUCK by Alice Schertle

(ISBN# 0544568036)

A little pickup truck gets stuck while pushing a dump truck out of the muck. Luckily, he made friends along his route, and they're willing to help. Children learn the power of friendship and the rewards of helping others.

<https://www.amazon.com/Little-Blue-Truck-board-book/dp/0544568036>

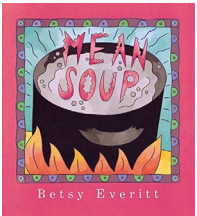


MAD AT MOMMY by Komako Sakai

(ISBN# 054521209X)

With the charming illustrations and spot-on understanding of young children's thinking; Komako Sakai brings us a REALLY ANGRY — and ultimately sweet — new story.

<https://www.amazon.com/Mad-At-Mommy-Komako-Sakai/dp/054521209X>

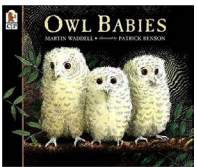


MEAN SOUP by Betsy Everitt

(ISBN# 0152002278)

A grand message about getting out anger instead of locking it inside.

<https://www.amazon.com/Mean-Soup-Betsy-Everitt/dp/0152002278>

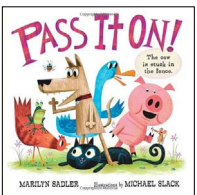


OWL BABIES by Martin Waddell

(ISBN# 0763617105)

Stunning illustrations from striking perspectives capture the anxious little owls as they worry due to their mother's absence.

<https://www.amazon.com/Owl-Babies-Martin-Waddell/dp/0763617105>

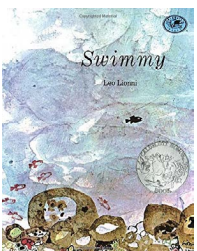


PASS IT ON! by Marilyn Sadler

(ISBN# 1609051882)

Farm animals are playing the “telephone” game to pass information back and forth to get their friend unstuck from the fence. Children will enjoy the mix up of information and learn why working together is important.

<https://www.amazon.com/Pass-Marilyn-Sadler/dp/1609051882>

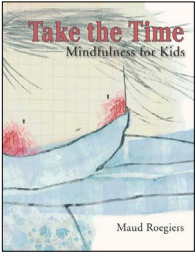


SWIMMY by Leo Lionni

(ISBN# 0394826205)

A school of fish discovers they can defend themselves against a shark by working together.

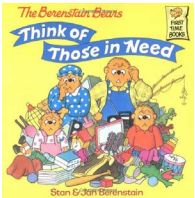
<https://www.amazon.com/Swimmy-Leo-Lionni/dp/0394826205>



TAKE THE TIME: MINDFULNESS FOR KIDS by Maud Roegiers
(ISBN# 1433807963)

With gentle rhythms and soothing imagery, kids may be guided toward a quiet self-awareness and mindfulness.

<https://www.amazon.com/Take-Time-Mindfulness-Maud-Roegiers/dp/1433807963>

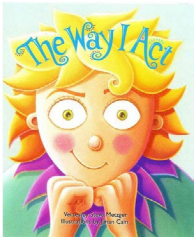


THE BERENSTAIN BEARS THINK OF THOSE IN NEED

by Stan Berenstain, Jan Berenstain
(ISBN# 0679889574)

The Berenstain family decides they need to clean out their house and give away their old belongings. The young bears learn that their outgrown items can benefit others in need.

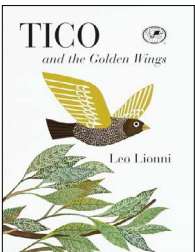
<https://www.amazon.com/Berenstain-Bears-Think-Those-First/dp/0679889574>



THE WAY I ACT by Steve Metzger
(ISBN# 1884734995)

The Way I Act shows scenes that kids can identify with and let kids imagine how they might act in all these situations. It also teaches children how they act, affects others.

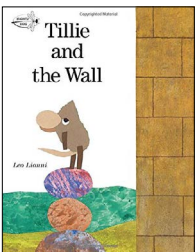
<https://www.amazon.com/Way-I-Act-Steve-Metzger/dp/1884734995>



TICO AND THE GOLDEN WINGS by Leo Lionni
(ISBN# 0394830784)

Tico, a little bird born without wings, is granted golden wings. Tico ends up giving his golden feathers to those in need, and learns how important giving to others is.

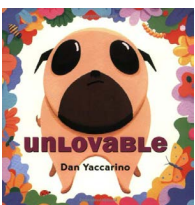
<https://www.amazon.com/Golden-Wings-Knopf-Childrens-Paperbacks/dp/0394830784>



TILLIE AND THE WALL by Leo Lionni
(ISBN# 0679813578)

Tillie the mouse has wondered what lies on the other side of the wall. She digs a tunnel to get to the other side, and discovers mice, just like her! Together, Tillie and her friends work to bring down the wall and unite mouse-kind.

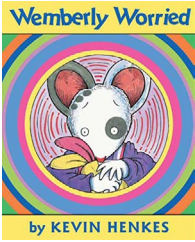
<https://www.amazon.com/Tillie-Wall-Dragonfly-Books-Lionni/dp/0679813578>



UNLOVABLE by Dan Yaccarino
(ISBN# 0805075321)

A little pug dog learns he's lovable just the way he is.

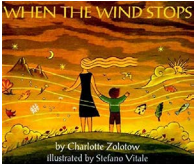
<https://www.amazon.com/Unlovable-Owlet-Book-Dan-Yaccarino/dp/0805075321>



WEMBERLY WORRIED by Kevin Henkes
(ISBN# 0061857769)

Wemberly worried about everything, but when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying.

<https://www.amazon.com/Wemberly-Worried-Kevin-Henkes/dp/0061857769>



WHEN THE WIND STOPS by Charlotte Zolotow
(ISBN# 0064434729)

Reassuringly, a boy's mother tells him that nothing ever ends, it simply begins in another place or in another way.

<https://www.amazon.com/When-Wind-Stops-Charlotte-Zolotow/dp/0064434729>

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