



## **Resilient Children**

Pam Farkas, Jerry Binder

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Right now, children need the nurturing and mentoring of caring adults who can teach them the social emotional skills of resiliency for succeeding and thriving throughout their lives. Resiliency is the ability to overcome adversity and to bounce back in the face of difficulty, challenge and stress. In this practical resource, three clinicians and educators combine evidence-based research with their expertise and experience to guide adults in how to fortify, inspire and empower children. Resilient Children provides: - Six vital skills that are the essential building blocks of resiliency - Learning activities that promote competency, self confidence and optimism - The four fundamental "A's" of resiliency - Skill building lessons that are age-appropriate for children from 5-12 - A "tool box" of personal strengths and skills - Ways to fortify children against the hassles and difficulties of everyday life - Effective decision –making and positive refusal behavior to combat negative influences - Activities based on the many different ways that children learn—verbally, artistically, physically, visually, and musically "This book champions the well-being, thriving and happiness of children by helping them learn the skills of making their way successfully through their youth...and beyond!" – John Williams, Ph.D. Educator



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#### **Jerry Smith:**

The reason why? Because this Resilient Children is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will surprise you with the secret the item inside. Reading this book close to it was fantastic author who all write the book in such amazing way makes the content inside of easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your expertise and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the publication store hurriedly.

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