

Brave, Strong, Resilient

PREPARING KIDS TO COPE WITH LIFE'S CHALLENGES

Here for Families and Communities



Family Guide

Activities and tips to teach children resilience skills:

-  Explore and express feelings
-  Practice problem solving strategies
-  Develop patience and confidence



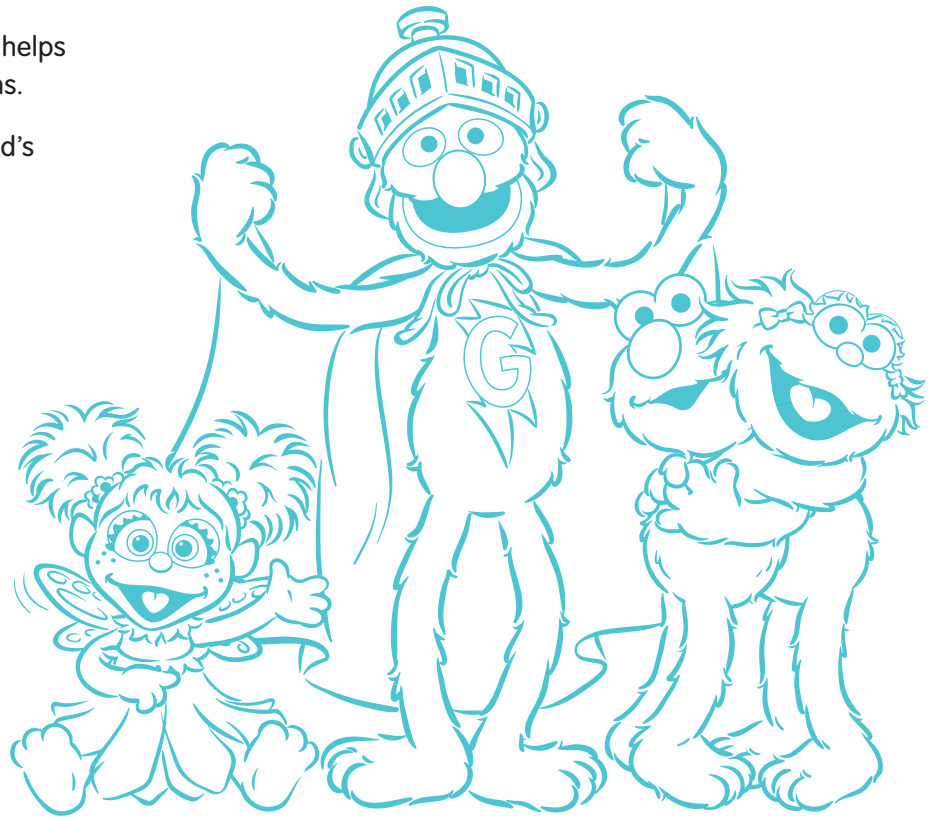
Welcome!

Children face many challenges in life and learning to cope with these obstacles is part of growing. Resilience is the set of skills that helps them get back up. Give children the tools to keep trying and not give up.

Developing Strong Children

This guide has been created for adults and kids to use together. There are tips throughout for activities to do as a family. *Sesame Street* friends will help encourage and practice concepts of building resilience:

- » **Learn about feelings:** Using words helps children identify and express emotions.
- » **Build confidence:** Celebrating a child's skills and identity.
- » **Solve problems:** Identifying the issues and finding multiple solutions.
- » **Lead with "I can do it!":** Understanding that mistakes are opportunities to learn.
- » **Identify the circle of care:** Building a sense of security, and learning to face challenges with the caring people in our lives.



Here for Families and Communities



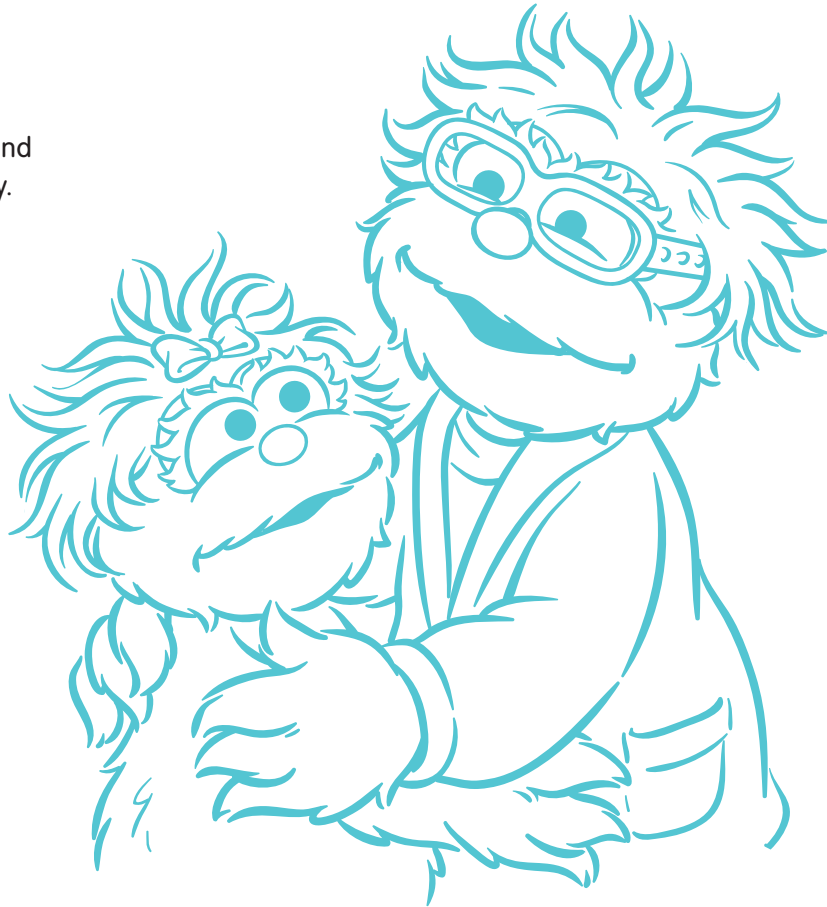
Sesame Workshop is the nonprofit media and educational organization behind *Sesame Street*, the pioneering television show that has been reaching and teaching children since 1969. Today, Sesame Workshop is an innovative force for change, with a mission to help kids everywhere grow smarter, stronger, and kinder. We're active in more than 150 countries, serving vulnerable children through a wide range of media, formal education, and philanthropically funded social impact programs, each grounded in rigorous research and tailored to the needs and cultures of the communities we serve. For more information, please visit sesameworkshop.org.

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 Feelings

Rosita gets ready for school, but today she doesn't want to go. "I want to stay with you, Mamí. I feel sad." Her Mamí promised to think of Rosita and be back later. After school, Rosita jumped for joy, hugging her mom. "Hola, Mamí! I'm so happy to see you!"

Color this picture and talk about the story.



Kid's-Eye View: Young kids often express feelings with their behavior. Here are examples of common situations.

What they feel

What they might do

Jealous

Grab a toy from a younger sibling.

Lonely

Talk loudly and interrupt others.

Angry

Refuse to put on shoes when it's time to leave the house.





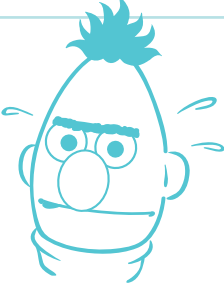







Afraid

Ignore friends inviting them to play.

Helping kids label their feelings is a resilience builder.

♥ Feelings

How Do You Feel? Point to the face that shows how you are feeling. Talk about the other feeling words and tell stories about them. Then color the pictures.

 <p>HAPPY</p>	 <p>SAD</p>	 <p>FURIOUS</p>	 <p>HOPEFUL</p>
 <p>FRUSTRATED</p>	 <p>DISAPPOINTED</p>	 <p>ECSTATIC</p>	 <p>WORRIED</p>
 <p>MAD</p>	 <p>THRILLED</p>	 <p>MISERABLE</p>	 <p>CONFIDENT</p>

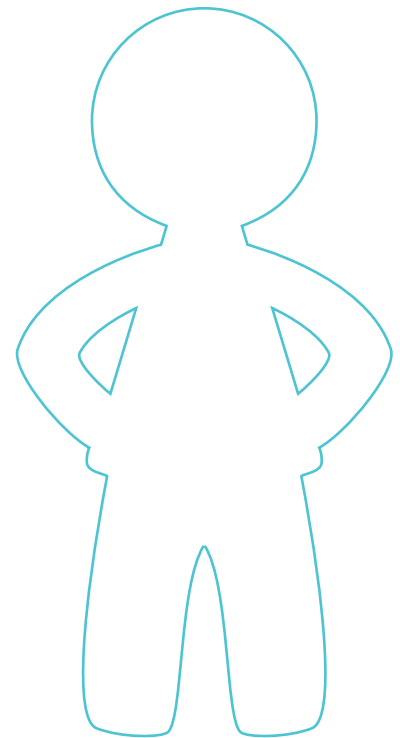
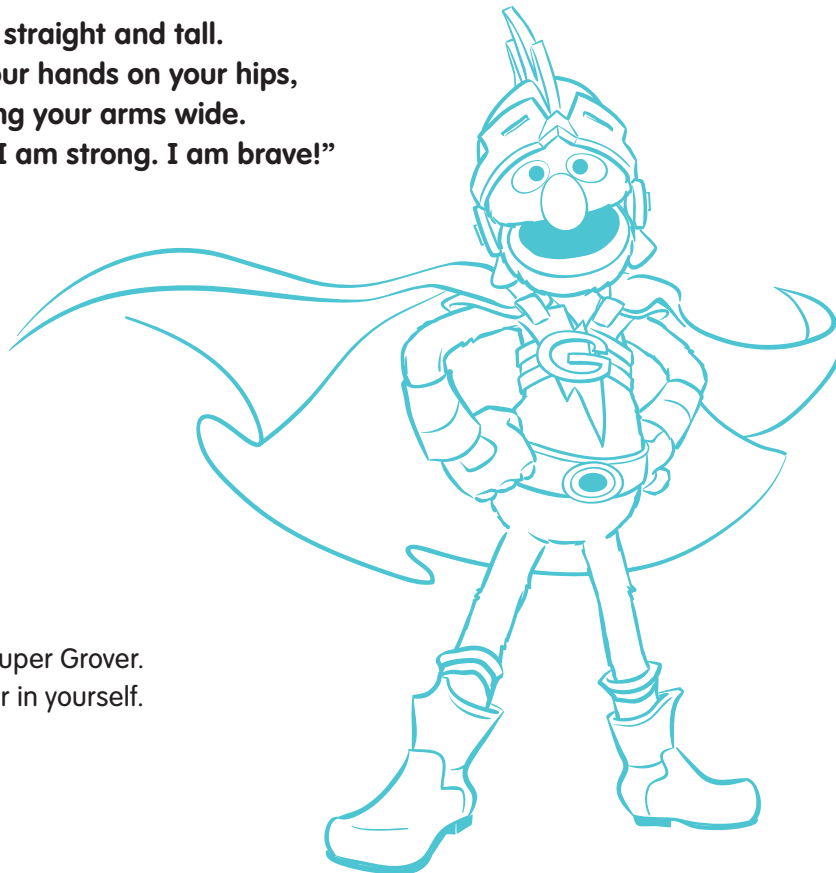
Try It Together: Grown-ups have big feelings, too. Explain that sometimes big emotions can make us feel like we'll explode, but feelings can change, and we're strong enough to feel all of them.

Tougher Times: Sometimes, children are separated from loved ones for a longer time and distance. Knowing how to identify and express emotions will enable children to approach more challenging life-changing situations.

 **Strong Sense of Self**

Stand like a superhero with Super Grover. “Hello everybodee!” he says, “You are so strong and brave.” Now you try it!

- » Stand straight and tall.
- » Put your hands on your hips, keeping your arms wide.
- » Say, “I am strong. I am brave!”



Color in Super Grover.
Then color in yourself.

Reassuring kids that all their feelings are okay encourages self-awareness and the ability to adapt.

Kids might...

Feel sad when a parent leaves for the day.

Want special attention that a baby is getting.

Insist on not sharing a toy.

You can help by...

Reassuring them that grown-ups come back and telling the kids when they will see each other again.




Allowing them to express jealous feelings without judgment. Also, let older siblings help in age-appropriate ways.

Offering to let them play a little longer, then take turns. Remember, sharing is hard. It takes time, and they might be well into their preschool years before they master it.

Problem Solving

Elmo was looking forward to playing in the park today, but it was raining. He felt disappointed. “Don’t worry,” said Elmo’s daddy. “Let’s practice ‘Breathe, Think, Do!’”

Now practice “Breathe, Think, Do!” with Elmo. Then color the picture.

<h3>Breathe!</h3>  <p>Put your hands on your belly. Slowly take three deep breaths.</p>	<h3>Think!</h3>  <p>What’s the problem? Name it, and think of a plan to work it out.</p>	<h3>Do!</h3>  <p>Together, choose a plan and try it out.</p>
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Use this page to talk about problems you have during the day. Point to each picture, say the word, and do the pose.

Tougher Times: Waiting can be especially difficult when an emergency keeps us from our routines or home. Practice “Breathe, Think, Do!” to relieve anxiety throughout the day. It may also help to create a longer-term waiting strategy, such as marking off days on a calendar.

Kid’s-Eye View: Are we there yet? To young children, even five minutes can feel like an hour. To help make waiting easier, suggest a special challenge, such as naming things that are blue or making up a story about a scene outside the window.

Problem Solving

Elmo had a box of toys for Show-and-Tell. He tripped and everything spilled. He felt embarrassed. Abby wanted to help. She said, “What’s the problem? Let’s make a plan.”

You can help, too! Point to and name each object to put everything back in the box. Then color the picture.



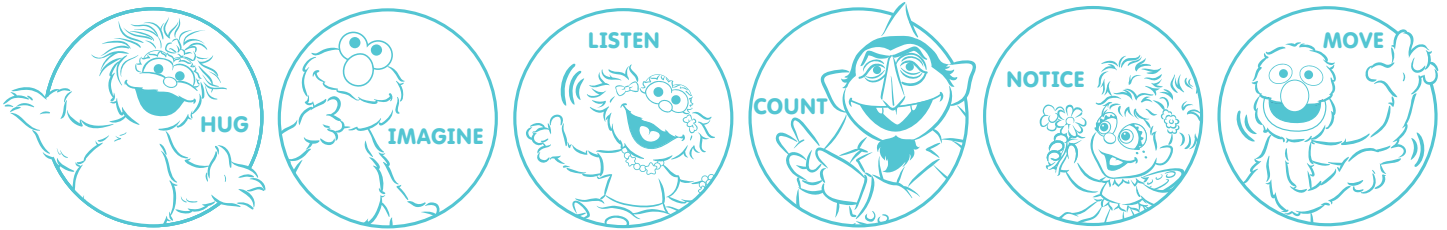
Try It Together: Kids may feel frustrated, struggling to carry out daily routines. What do you do next? Ask, “What’s the problem, what’s the plan?” Remember, there might be more than one plan to resolve this problem. Sometimes, it can help to simply wait and try later.

Tougher Times: In some cases, such as emergencies, it’s important to make a plan for solutions before there is a problem. Write down contact information for family and other community helpers. Use role-play to practice staying safe and getting help when something happens. However, awareness can bring anxiety. Explain to children that it is natural to feel scared. Preparation and your reassurance of their safety can provide children with a sense of control to cope with more difficult situations.

Problem Solving

When the Count has a problem, it helps him to talk with a friend. He’s also ready to listen to others. “I can count on you,” he says. “And you can count on me.”

Draw a line connecting each friend to a word that describes a way to help.



<p>LISTEN to the different sounds around you.</p>	<p>Slow down and NOTICE things.</p>	<p>MOVE your body and do a dance.</p>	<p>HUG it out!</p>	<p>IMAGINE something peaceful and quiet to calm down.</p>	<p>COUNT from 1 to 10 in English and in Spanish.</p>
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Kid’s-Eye View: Who can help name the problem and make a plan? Remind kids to look around — there are family and friends for support.

I Can Do It!

When Big Bird first learned to skate, he fell many times. He kept trying though—and look at him go!

Learn the power of “yet”! Just because you can’t do something now does not mean you’ll never be able to do it. Remind yourself, “I just can’t do it **yet**.”

Draw and write about new things you’ve learned and what you’re still learning!



I can do it!

I’m trying...

Try It Together: Persistence means not giving up, even when things don’t go the way you want them to. Show kids that mistakes are okay—in fact, they are an important part of learning. Let children see you make mistakes and stay positive after making them.

Kid’s-Eye View: For some skills, kids need extra practice over more time. For example, guide a child’s hand when she is learning to eat with chopsticks. With more practice, she’ll develop more control. Pointing out gradual progress each day gives her encouragement.

Circle of Care

Who are the people in the neighborhood? The *Sesame Street* friends know who their helpers are. Together, they feel safe and strong.

Draw a picture of yourself, then your family members and friends. Name the community helpers you see in this picture. Keep this to remind you of all the people you can reach out to for care and support.



Try It Together: Take care of yourself! You are a valuable member in the circle of care. Modeling positive behavior will reassure children that you will always be there for them!

Being Brave Kids learn to cope with challenges through daily routines. Use these cards to build resilience. Turn the page for more messages and tips to help.

Cut out these cards and keep them in an envelope. Use them when you need help.

123
SESAME STREET **Brave, Strong, Resilient**

How long?

Explain time in a way your child will understand.

123
SESAME STREET **Brave, Strong, Resilient**

Don't Give Up!

Remind kids of the power of "yet."



123
SESAME STREET **Brave, Strong, Resilient**

Thinking of You

Let children know you are thinking of them.

123
SESAME STREET **Brave, Strong, Resilient**

It Worked!

Use plans you've learned before to solve new problems.

123
SESAME STREET **Brave, Strong, Resilient**

Breathe, Think, Do!

Help your child calm down when he feels angry, frustrated, or confused.

123
SESAME STREET **Brave, Strong, Resilient**

Lead the Way

Be a role model!



123
SESAME STREET **Brave, Strong, Resilient**

Dinnertime

Involve your child in mealtime preparation.



123
SESAME STREET **Brave, Strong, Resilient**

Superhero Name

Summon your child's superhero powers!

123
SESAME STREET **Brave, Strong, Resilient**

Sharing and Caring

Encourage your child to play with friends.

123
SESAME STREET **Brave, Strong, Resilient**

Mine, Yours, Ours

Learn that not everything needs to be shared.

123
SESAME STREET **Brave, Strong, Resilient**

Good-bye, See You Later

Create a special routine to help say good-bye.



123
SESAME STREET **Brave, Strong, Resilient**

Sweet Dreams!

Use bedtime to provide comforting routines.

Growing Stronger Keep encouraging your children as they learn to cope with challenges. Here are ideas for activities and conversations.

Thinking of You

Write notes to put in the lunch box.
Collect photos to keep in the cubby at school.

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Don't Give Up!

“If you can’t do something now, it just means you can’t do it yet.”
“It takes practice. Keep trying.”

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How Long?

“As long as it takes to brush your teeth.”
“As long as it takes to walk to school.”

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Lead the Way

Talk out loud as you solve a problem: “First, I’ll do this. Then I’ll try....”

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Breathe, Think, Do!

Put your hands on your belly. Take three deep breaths. What’s the problem? Make a plan, then try it out.

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It Worked!

“What problems have you solved before?”
“What plans did you create?”
“How did they work?”

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Sharing and Caring

Practice meeting a new friend.
“Hi! My name is [child’s name]. What’s your name?”
“Can I play with you?”

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Superhero Name

Create a special name for your little superhero.
“This sounds like a job for [your child’s superhero name]!”

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Dinnertime

Include her in a simple task as you prepare food. For special occasions, have her create and arrange place cards.

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Sweet Dreams!

Make bedtime special: Read a bedtime story together. Share a snuggle and a kiss as you say “Good night.”

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Good-bye, See You Later

Give two hugs and a kiss. Say a funny phrase like “See you later, alligator!”

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Mine, Yours, Ours

Assure kids of what is theirs. Choose these items and put them on a special shelf or in a box. This may make it easier to share other items.

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