



# NORTHVILLE YouthNetwork

helping to raise a community

## TOPIC: Building Resiliency in Children and Teens

**Resilience** is the capacity to rise above difficult circumstances, the trait that allows us to exist in this less-than-perfect world while moving forward with optimism and confidence.

<p><b>Parent Information</b></p>	<p><a href="https://healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx">https://healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx</a>  <a href="https://www.apa.org/topics/resilience/guide-parents-teachers">https://www.apa.org/topics/resilience/guide-parents-teachers</a></p>	<p>PositivePsychology.com          At the bottom of page click on “resiliency and coping” for articles</p>		
	<p><b>Elementary</b></p>	<p><b>Middle School</b></p>	<p><b>High School</b></p>	
<p><b>Video material on topic</b></p>	<p><a href="https://pbskids.org/arthur/health/resilience/">https://pbskids.org/arthur/health/resilience/</a></p>	<p><a href="https://parentandteen.com/resilience-videos/">https://parentandteen.com/resilience-videos/</a></p>		
<p><b>Discussion material on topic</b></p>	<p><a href="https://files.constantcontact.com/520aa58f101/a65b7f8c-151a-48ad-a9c9-b4c2ddddd7f9.pdf">https://files.constantcontact.com/520aa58f101/a65b7f8c-151a-48ad-a9c9-b4c2ddddd7f9.pdf</a></p>	<p><a href="https://r.search.yahoo.com/_ylt=AwrDQq4d7Ktg6u4AOwoPxQt.;_ylu=Y29sbwNiZjEEcG9zAz-YEdnRpZAMEc2VjA3Ny/RV=2/RE=1621908638/RO=10/RU=https%3a%2f%2fpositivepsychology.com%2fresilience-activities-exercises%2f/RK=2/RS=COznOSyKA0.7oDcDp0caZk1KgfY-">https://r.search.yahoo.com/_ylt=AwrDQq4d7Ktg6u4AOwoPxQt.;_ylu=Y29sbwNiZjEEcG9zAz-YEdnRpZAMEc2VjA3Ny/RV=2/RE=1621908638/RO=10/RU=https%3a%2f%2fpositivepsychology.com%2fresilience-activities-exercises%2f/RK=2/RS=COznOSyKA0.7oDcDp0caZk1KgfY-</a></p>		
<p><b>Hands on topic activity</b></p>	<p><a href="https://www.heysigmund.com/building-resilience-children/">https://www.heysigmund.com/building-resilience-children/</a>  <a href="https://centerforresilientchildren.org/wp-content/uploads/Free-FLIP-IT-Slides.pdf">https://centerforresilientchildren.org/wp-content/uploads/Free-FLIP-IT-Slides.pdf</a></p>	<p><a href="https://understandingteenagers.com.au/10-ways-to-develop-resilience-in-teenagers/">https://understandingteenagers.com.au/10-ways-to-develop-resilience-in-teenagers/</a></p>		

**Click on the link in the chart that interests you and it will open for you to see! 5/24/21**