

RESILIENT CHILDREN

HOW CARING ADULTS CAN INSPIRE
CHILDREN TO SUCCEED AND THRIVE



VITAL RESILIENCY SKILLS AGES 5-12

DEVELOPING SELF-AWARENESS • EXPRESSING EMOTIONS
COMMUNICATING • SOLVING CONFLICTS PEACEFULLY
RESISTING BULLYING • INITIATING FRIENDSHIPS



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Learn About RESILIENT CHILDREN

How Caring Adults Can Inspire Children to Succeed and Thrive

Inspire A Child Today!



If you're a parent, family member or caring adult, these learning activities can be done informally at home, or wherever you choose. If you're a psychotherapist or social worker, these learning activities can be the basis of a session for skill building or behavioral rehearsal. They can easily be incorporated into play therapy or a family therapy session.



For teachers, these learning activities can be an entire curriculum or used as individual lessons. Coaches and mentors can use them in specific-need situations.



RESILIENT Children embraces the many different ways that children learn---verbally, artistically, physically, visually and musically. The activities are structured for either individual or group learning, and they can be tailored in any way that better meets the needs of these children. The resiliency skills can be used in any order.



How To Use RESILIENT Children

Resiliency is the ability to overcome adversity and to bounce back in the face of difficulty, challenge and stress.



The Four A's of Resiliency

- Attitude—a secure sense of self, anchored in ideas and belief
- Ability—a repertoire of skills that are developed and strengthened
- Achievement—a rewarding sense of personal accomplishment
- Affect—the pleasurable emotions of well-being and confidence

The Six Skills of Resiliency

- Self-Awareness
- Emotional
- Communication
- Conflict Solution
- Anti-Bullying
- Friendship

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

Each skill building exercise is divided into five sections:

- Main Idea: states the essential concept that is being taught
- Teaching Points: support and elaborate on the Main Idea
- Materials: items needed to complete the learning activity
- Learning Activity: the actual experience in which the child or children will participate
- Discussion: questions to promote insight and reinforcement from the learning activity



"RESILIENT Children provides creative, age-appropriate learning opportunities for young people to develop personal skills for handling life's challenges in a positive and productive manner. Each activity is designed to promote individual and cooperative learning. Opportunities are also provided for critical thinking and problem solving that focus on personal responsibility. In addition to classroom use, the materials are also suitable for parents, grandparents, and therapists to use one-on-one."

~Barbara Johnson, M.A. School Administrator



Pam Farkas, L.C.S.W., is a prominent educator and psychotherapist. As the Executive Director of the Dr. Jordan M. Farkas Foundation, she works with teachers, mental health professionals, parents, students and organizations. Her Hope and Help educational program has increased awareness of at-risk youth and emphasizes the positive factors that empower children to live

healthy fulfilling lives. Pam serves on the advisory board of the Didi Hirsch Community Mental Health Center and the American Foundation for Suicide Prevention.



Jerry Binder, Ph.D., is a social science researcher and distinguished educator. He has presented hundreds of informative public programs based on research from lifespan growth and development that address vital mental health concerns for adults and children. He has been a dedicated advocate for youths, beginning his career at the Hathaway Demille Children's Village and later consulting to the Economic and Youth Opportunities Agency in Los Angeles. Dr. Binder teaches at the Emeritus Institute at Saddleback College and consults to a number of organizations.



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The authors have provided an online extension to complement the ideas and materials in RESILIENT Children, ResilientChildren.info. The online companion to this work provides downloadable lessons, blogs, suggestions and commentary from parents and professionals and additional resources on developing resiliency in children.

