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Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children

Nefertiti Bruce, Karen Cairone

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Now more than ever, adults must help children develop the skills necessary to navigate successfully through life. By focusing on building social and emotional strength, adults increase children's resilience and prepare them to handle the challenges in life. The strategies and activities in Socially Strong, Emotionally Secure provide teachers with the tools they need to help children become socially and emotionally healthy for life. Organized into five chapters, the activities support and build resilience in children ages three to eight.

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