

# Brave, Strong, Resilient

PREPARING KIDS TO COPE WITH LIFE'S CHALLENGES



## Project Overview

### The Need

**Resilience is the ability to cope with and overcome challenges.<sup>1</sup>**

As young children learn to understand their feelings and solve problems, they build important resilience skills that help them each day. Research shows that resilience is not only innate; children can successfully develop these skills that impact their well-being and future success.<sup>2</sup> The most important factor in building resilience is the presence of caring, trusted adults for guidance and reassurance.<sup>3</sup>

**Brave, Strong, Resilient** empowers children to cope with day-to-day challenges and more significant situations.

### The Project

Sesame Workshop, the nonprofit educational organization behind **Sesame Street**, and PSEG have partnered to develop resources to support families' resilience through emergency preparedness and response programs: **Let's Get Ready** and **Here for Each Other**. Their new initiative, **Brave, Strong, Resilient**, expands on nurturing those resilience skills to help children cope with all of life's challenges, big and small. Along with trusted **Sesame Street** friends, kids learn to overcome obstacles, get back on their feet, and bounce back from difficulties.

### PROJECT GOALS

**Brave, Strong, Resilient** aims to give young children (ages 2-5) the tools to build resilience and persevere by:

- » **Learning about emotions:**  
Using words to identify and express emotions.
- » **Solving problems:**  
Identifying the issues and finding multiple solutions.
- » **Building confidence:**  
Practicing persistence and trusting the caring adults in their circle of care.

For more information, please visit:  
[sesameincommunities.org](http://sesameincommunities.org)  
[pseg.com/sesamestreet](http://pseg.com/sesamestreet)

or email us at  
[communities@sesame.org](mailto:communities@sesame.org)



## Project Components

### FAMILY GUIDE

Created for kids and caregivers to use together as a family, this guide (12 pages English/12 pages Spanish) includes:

- » Stories and activities featuring the **Sesame Street** friends
- » Tips for grown-ups
- » Special cut-out cards to practice strategies for building resilience throughout the day

### EDUCATOR GUIDE

This guide (80 pages English/80 pages Spanish) leads providers and educators through sequential lesson plans introducing resilience concepts to kids in a classroom setting by incorporating:

- » Fun group activities encouraging kids to move and chant
- » “Watch-and-Play” tips using **Sesame Street** videos modeling specific resiliency strategies
- » Printable resources to use in the classroom and available to take home

### A DIGITAL MEDIA EXPERIENCE

#### Online Tutorial

This interactive, digital training component guides providers on using the Educator Guide in their settings and promoting a school-home learning connection.

#### Video Overview for Volunteers

A brief highlight reel, produced for community partners and PSEG employees, shows available resources and provides context to the key project goals and messages.

#### Social Media Toolkit

A turnkey resource, with images, suggested messaging, sample posts, and guidelines, is available to help spread the word.

<sup>1</sup>Grotberg, E. (1995). A guide to promoting resilience in children: Strengthening the spirit. Early childhood development; Practice and reflection series. Retrieved June 28, 2011 from: <http://resilnet.uiuc.edu/library/grotb95b.html>

<sup>2</sup>Blum, Lynne Michael. Resilience Building Through the Early Childhood Years. White paper. p. 5.

<sup>3</sup>Pizzolongo, P. J. & Hunter, A. (March 2011). I am safe and secure: Promoting resilience in young children. Young Children, 67-69.

