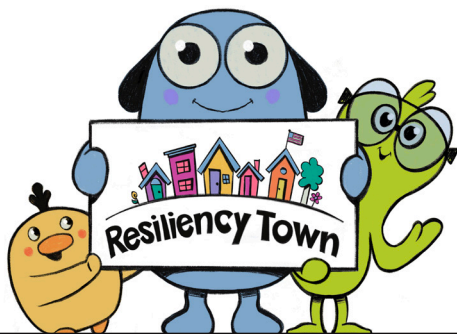


Day 4: Being A Good Friend

- Today in Resiliency Town your child learned ways to be good friends. **You could also call this empathy.**
- We talked about many ways that we can be kind to friends (or family members) when they are struggling with **BIG** feelings. Just as it is important to be able to identify and manage our own feelings, it is also important to be able to identify and respond to the feelings of others. **While we cannot control how others feel, we can at least try to offer support when needed.**
- Support for others comes in many forms. Some of the ways that we talked about helping others are with kind words, offering a hug, offering a tissue, talking with them, sharing a toy and many others.
- As with previous lessons, there are many ways to show empathy, and none are right or wrong. Everyone is different and will have different ideas about how to offer support and about what feels supportive. What is most important is that children learn to recognize when others are struggling and know that they can offer kindness.
- Your child is probably already doing some of this. **Try to “catch” your child being kind and reinforce it by pointing it out to them.**
- We appreciate you taking the time to bring your child to Resiliency Town. We hope that you will use this opportunity to talk more with your child about empathy and some of the ways that you provide this to others. You serve as a model for them when they see how you treat others.
- There are activities in the take home book each day that your child can work on independently and there will always be an activity that you, or another adult or teen in your home can do with your child.
- We have put together a list of websites and videos that support the lesson for each day of Resiliency Town. They are purposefully short, but informative, as we understand that your time is valuable. **This information can be accessed by scanning the QR code below.**
- **We welcome and value your feedback.** If there are ways we can improve upon your child’s experience in Resiliency Town, please feel free to speak to one of the group leaders directly, or contact **Chris Ruma-Cullen, Director of Prevention Services** at **216-320-8203** or **cullenc@bellefairejcb.org**.



Contact:
Chris Ruma-Cullen
216-320-8203
cullenc@bellefairejcb.org

Location:
One Pollock Circle
22001 Fairmount Blvd.
Cleveland, OH 44118

Visit our website!

