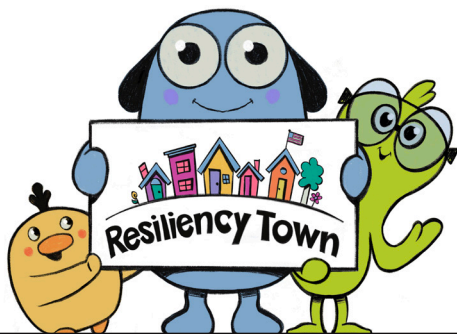


Day 5: Encouraging Myself and Others

- Today in Resiliency Town your child learned ways to encourage themselves and others. They also learned about standing up for themselves in an assertive, yet polite manner.
- We practiced encouraging friends and family with words such as “you can do it” or “I would feel sad too if that happened to me”. This is another form of empathy that we talked about yesterday.
- **Children learned to encourage themselves by thinking or saying to themselves good things** they did such as “it was hard, but I stuck with it”, “I waited my turn”, “it was scary, but I was brave”.
- We practiced being assertive and demonstrating that the same words sound very different when said in a shy, quiet voice (passive) or a loud, angry voice (aggressive). We practiced using a strong, big voice (assertive).
- **All the lessons that your child learned this week help them to become more resilient.** We hope that you will continue to talk about feelings, coping skills, empathy and assertiveness as your child grows.
- **In addition to the activities in the take home book today, there is a certificate of completion.** Please take a minute to fill it in, cut it out and display it for your child as a reminder of the things he or she has learned in Resiliency Town.
- 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 appreciate any feedback that you have for us.** Resiliency Town is being evaluated by the Begun Center for Violence Prevention and Research at Case. You and your child’s responses on the post-test today will be part of that evaluation. We will also reach out to you by text in the coming weeks to ask just a few brief follow up questions. This is an important piece of our outcome data, and we hope that you will take just a few minutes to respond to these questions. **This information will help us to make Resiliency Town a more effective program for children next year and in the future.**
- **Thank you for bringing your child to Resiliency Town!**



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