



## Resiliency: Parent Resources

### Children's Books:

*Mercedes and the Chocolate Pilot* by Margot Theis Raven:

The story of a pilot's gift of hope to a young girl during the Berlin Air Lift

*Stand Tall, Molly Lou Melon* by Patty Lovell:

A story of resilience during transition. Connections and perspective create a positive transition for Molly.

*Verdi* by Janell Cannon: Verdi changes his perspective through life experience.

*The Three Questions* by Jon J. Muth:

A young boy learns about the value of his contributions in the lives of others.

### On Line Resources:

**Fishfulthinking.com:** Interactive site for parents and children which provides information for parents and activities for children aimed at teaching them how to think optimistically about themselves and how to use their Optimism to overcome life's obstacles, persist in the face of adversity, and transform setbacks into manageable challenges. By teaching kids Optimism today, we are equipping them with the skills and strategies they can rely on to shine in the face of adversity for the rest of their lives.

**Authentichappiness.org:** VIA Strength Questionnaire for Children. Find out what your child's strengths are and build on them.