



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 through life successfully. By focusing on building social and emotional strength, we increase children's resilience and prepare them to handle the challenges in life. The strategies and activities in *Socially Strong, Emotionally Secure* help children become socially and emotionally healthy for life. Organized into five chapters, the activities support and build resilience in children ages 3 to 8.

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