



Listening Time:



32.20

SEASON 3, EPISODE 9

Building Resilience

Resilience is more than just a buzz word: it's an important skill that can help children move through hard moments and bounce back afterward — often, stronger than before. Building resilience takes time and practice. Experts say building resilience is related to helping children connect with and help other people; helping them implement daily routines and also build their flexibility so they can accept change. It's also related to growing children's self confidence and helping them set and work toward their goals (Source: [American Psychological Association](#)).

In “Building Resilience,” three children explore the idea of resilience: Layla talks about how she's coped with her dad's brain cancer; Donovan shares how he's learned to deal with his tics and OCD; and Ruby discusses how she's dealt with her hearing loss and learning differences. They then help a Link-a-deedle friend, LaLeek, who lives in the Land of Qook-a-lackas, learn about resilience — and share many strategies along the way that can help kids and families build resilience.

These resources will help children and grown-ups build on what they learned in the episode to cultivate resilience.



Little Kids, Big Hearts Podcast

Learning Extensions

Soothing Stones

K-3rd Grade



Goals

- ♥ Cultivate a classroom community
- ♥ Build empathy and curiosity
- ♥ Improve problem solving skills

Instructions



Play the Episode

If the class has not yet listened to the "Building Resilience" episode of Little Kids, Big Hearts, start by listening! It's wherever you listen to podcasts. Learn more (or listen) at playsparkler.org/podcast.

Materials



Get Ready! Here's what you'll need:

- ♥ Smooth rocks for painting
 - ♥ Ideally these should be about the size of a child's palm
 - ♥ You can find them out in nature or buy them from a craft store or other vendor
- ♥ Paint or paint markers

Discussion



Invite children to share some of the things that bring them comfort. Ask children to consider the pets, places, songs, etc., that make them feel better when they're feeling sad or anxious. Ask them to share "A _____ that always helps me feel strong and comforted is..."

- ♥ An animal
- ♥ A place
- ♥ A word
- ♥ Colors
- ♥ A song
- ♥ A book

Activity



Invite the children to paint their soothing stone. It will be something they can hold that will bring them comfort and remind themselves that they can do hard things! You may want to paint the rocks white first as a base coat. You can play the episode while they are working or just play the song from the episode, "On With the Show." Once the rocks are dry, children can keep their soothing stones in their backpacks or pockets and pull them out during challenging moments.



Resilience Role Play

K-3rd Grade



Goals

- ♥ Practice reacting to hard situations
- ♥ Cultivate resilience and empathy
- ♥ Build community bonds through sharing personal stories

Instructions



Play the Episode

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Materials



Get Ready! Here's what you'll need:

- ♥ Scissors to cut the scenario cards on page 4
- ♥ A hat or bowl to put the cards in

Discussion



Invite the children to share some scenarios of hard situations — from the episode or from their own lives — that might test their resilience muscles. Add these ideas to the blank cards on page 4.

- ♥ What are some of the challenges that Ruby, Layla, and Donovan coped with in the podcast?
- ♥ Have you or any of your friends or family members gone through hard times?
- ♥ What happened and how did they handle it?

Activity



Cut out the scenarios and put them in a bowl/hat. Invite a child to pick a card and then pretend that they are dealing with the situation. Ask the selected student and their classmates to act out the situation and act out ways they could help their friend. They should answer the following questions:

- ♥ How would you feel as the person affected? How would you feel as a friend of that person?
- ♥ What would you need to help you through this challenge?
- ♥ How would you help a friend facing this situation?
- ♥ Who is someone you can go to for support?



Practice Scenarios: Resilience Role Play

A beloved pet dies

**A family member
is very sick**

**A big vacation gets
canceled**

**Your team
loses the game**

**Your parents have
to go away for a
long trip**

**You accidentally hurt
someone you love**

**There's something you
can't do that your
friends can (like riding
bikes, speaking Spanish,
reading chapter books...)**

**Someone breaks
your favorite toy**

**You mess up
(forget your lines
in the play, get a
bad grade...)**

**Moving to a new
house or new
school**

**Your older sibling
gets to do something
you can't do**

**A new sibling or
step-sibling joins
your family**

**You break a bone
and can't play your
favorite game**

**You didn't make the
team or get a part in
the school play**

**The weather ruins
your plans**



Blank Cards: Resilience Role Play
