



# Lesson Plans For Teaching Resilience to Children

*Lynne Namka*

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# Lesson Plans For Teaching Resilience to Children

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## **Lesson Plans For Teaching Resilience to Children** Lynne Namka

What's the One Thing You can Do to Help your Children Become Successful? Teach Resilience! A "How To" book on helping your children learn the language of effort, success and happiness. Resilience is being able to bounce back after a set back and define one's self as a winner who succeeds because of a growth mindset, effective coping skills and strong inner values. Empower your children and help them thrive! What to say when you don't know how to motivate a struggling child. Practical lesson plans with what-to-say, down-to-earth words to help your children learn responsibility, dealing with frustration and boredom when the work is challenging. Also included are kid-friendly strategies for success proven by decades of the Positive Psychology research and links to You Tube videos. An inspiration poster emphasizes each lesson plan. Feel good about teaching your children to take ownership in their own learning.

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