



MARCH BOOK CLUB CONVERSATION PROMPTS

EARLY CHILDHOOD - AGES 1-4

- What is resilience? Resilience is:
 - bouncing back
 - being strong on the inside
 - using coping skills
 - taking care of ourselves
 - trying your best
- What are some ways you've been brave before?
- What can I do when I am facing a challenge?
- Who can help you when you are mad, worried, scared, etc?
- Let's draw a picture of us being strong!
- Now that we've talked about resilience, let's be sure to share it with others!

For additional resources to support children & families, visit
www.ChildrensMentalHealthMatters.org