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Resources for Resilience skills in younger children:

<https://positivepsychology.com/resilience-activities-worksheets/>

[https://www.focusonthefamily.com/parenting/raising-resilient-kids/.](https://www.focusonthefamily.com/parenting/raising-resilient-kids/)

https://www.bookmall.co.za/products/building-resilience-in-children-and-teens?gclid=Cj0KCQjw0oCDBhCPARIsAII3C_FS4w2c3iRj3Ef1Rog99kuEuel-d8Aao4vCQe-urlzzMzpTXdey8waAsr4EALw_wcB.

https://www.loot.co.za/product/jill-neimark-the-hugging-tree/cvhx-3357-g690?referrer=googlemerchant&gclid=Cj0KCQjw0oCDBhCPARIsAII3C_HxBMnigfd17RUChM WGur-DwGEUW225m-ifZbUtCU_2ZXjbCztDQdEaAhQ8EALw_wcB&gclsrc=aw.ds.