Project Overview

👩‍👧‍👦 The Need

Resilience is the ability to cope with and overcome challenges.¹ As young children learn to understand their feelings and solve problems, they build important resilience skills that help them each day. Research shows that resilience is not only innate; children can successfully develop these skills that impact their well-being and future success.² The most important factor in building resilience is the presence of caring, trusted adults for guidance and reassurance.³

Brave, Strong, Resilient empowers children to cope with day-to-day challenges and more significant situations.

❤️ The Project

Sesame Workshop, the nonprofit educational organization behind Sesame Street, and PSEG have partnered to develop resources to support families’ resilience through emergency preparedness and response programs: Let’s Get Ready and Here for Each Other. Their new initiative, Brave, Strong, Resilient, expands on nurturing those resilience skills to help children cope with all of life’s challenges, big and small. Along with trusted Sesame Street friends, kids learn to overcome obstacles, get back on their feet, and bounce back from difficulties.

PROJECT GOALS

Brave, Strong, Resilient aims to give young children (ages 2-5) the tools to build resilience and persevere by:

» Learning about emotions: Using words to identify and express emotions.

» Solving problems: Identifying the issues and finding multiple solutions.

» Building confidence: Practicing persistence and trusting the caring adults in their circle of care.

For more information, please visit:

sesameincommunities.org
pseg.com/sesamestreet

or email us at

communities@sesame.org
**Project Components**

**FAMILY GUIDE**

Created for kids and caregivers to use together as a family, this guide (12 pages English/12 pages Spanish) includes:

- Stories and activities featuring the *Sesame Street* friends
- Tips for grown-ups
- Special cut-out cards to practice strategies for building resilience throughout the day

**EDUCATOR GUIDE**

This guide (80 pages English/80 pages Spanish) leads providers and educators through sequential lesson plans introducing resilience concepts to kids in a classroom setting by incorporating:

- Fun group activities encouraging kids to move and chant
- “Watch-and-Play” tips using *Sesame Street* videos modeling specific resiliency strategies
- Printable resources to use in the classroom and available to take home

**A DIGITAL MEDIA EXPERIENCE**

**Online Tutorial**

This interactive, digital training component guides providers on using the Educator Guide in their settings and promoting a school-home learning connection.

**Video Overview for Volunteers**

A brief highlight reel, produced for community partners and PSEG employees, shows available resources and provides context to the key project goals and messages.

**Social Media Toolkit**

A turnkey resource, with images, suggested messaging, sample posts, and guidelines, is available to help spread the word.

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Here for Families and Communities

*SESAME STREET*疹

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