

# Building Resilience

Lessons Inspired by "Little Soul's Adventures: Alone in the Dark"

Age: 4-8

## Objective:

- To help your child understand the concept of resilience and its importance in facing challenges
- To explore strategies and attitudes that promote resilience
- To connect the themes of the book "**Little Soul Adventures: Alone in the Dark**" with real-life situations and resilience-building skills

## Materials:

- Copy of the book "**Little Soul Adventures: Alone in the Dark**"
- Chart paper and markers
- Index cards or slips of paper
- Art supplies (crayons, markers, pencil crayons)
- Worksheet for reflection (created by the parent/teacher)

## Procedure

- **Introduction (10 minutes):**
  - Begin by asking your child if they know what resilience means.
  - Write their responses on chart paper and discuss the importance of resilience in facing challenges.

- Introduce the book "**Little Soul Adventures: Alone in the Dark**" and explain that it will help them explore the concept of resilience.
- **Read Aloud (15 minutes):**
  - Read the book "**Little Soul Adventures: Alone in the Dark**" aloud to your child, pausing at key moments to discuss the emotions and challenges faced by Little Soul.
  - Encourage your child to make connections between the story and their own experiences.
- **Discussion (10 minutes):**
  - Lead a discussion about resilience, using prompts such as:
    - How did Little Soul show resilience in the story?
    - What challenges did Little Soul encounter, and how did they overcome them?
    - Why is it important to be resilient in our own lives?
  - Write down key ideas and strategies for building resilience on the chart paper.

- **Resilience Strategy Brainstorm (10 minutes):**
  - Distribute index cards or slips of paper to each student.
  - Ask them to think about a time when they faced a challenge or felt upset, and draw or write down a strategy or attitude that helped them bounce back.
  - Encourage your child to share their ideas with a friend or family member and add them to the chart paper.
- **Art Activity (15 minutes):**
  - Provide art supplies and ask your child to create a drawing or visual representation of a resilient moment in their own lives.
  - Afterward, your child can share their artwork and briefly explain the resilient moment they depicted.
- **Reflection Worksheet (10 minutes):**
  - Distribute a reflection worksheet to each student, which includes questions such as:
    - How did Little Soul show resilience in the story?
    - Can you think of a time when you showed resilience in your own life?
    - What strategies or attitudes can you use to build resilience?
  - Allow time for your child to complete the worksheet independently or with a friend or family member.

- **Closing (5 minutes):**
  - Discuss the importance of resilience once again.
  - Encourage them to remember the lessons from "**Little Soul Adventures: Alone in the Dark**" and apply them to their own lives when facing challenges.
  - Conclude by highlighting the resilience-building strategies and attitudes shared throughout the lesson.

### Extensions:

- Encourage your child to create a mural depicting different scenes from the book that demonstrate resilience.
- Have your child write and illustrate their own short stories about a character who shows resilience.
- Invite a guest speaker, to talk to the your child about resilience and share additional strategies.

\*\*\*Note: Activities can be adjusted based on need and abilities of your child.