



Resilience Builder Program for Children and Adolescents: Enhancing Social Competence and Self-Regulation

Dr. Mary Karapetian Alvord, Dr. Bonnie Zucker, Dr. Judy Johnson Grados

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This cognitive-behavioral group approach is designed to help students bounce back from and deal with the hardships, difficulties, and challenges in their lives. Participants learn to focus on what they do well and develop protective factors that promote resilience. Fun-to-do group sessions address the social/interpersonal aspects of growing up. The sessions are designed to increase confidence, self-esteem, self-control, and the use of coping strategies to deal with issues such as fitting-in and finding academic and social success. Specific resilience, leadership, and social competence skills are emphasized each week, using discussion, role-plays, or other age-appropriate techniques. Topics covered include being proactive, personal space awareness, problem solving, anger/anxiety management, self-regulation, friendship skills, starting and maintaining conversations, and understanding the impact of one's behavior on others. Relaxation and self-regulation techniques help group members increase awareness of thoughts, body, and emotions through calm breathing, visualization, progressive muscle relaxation, or yoga. Homework assignments and community field trips are utilized to reinforce the positive gains seen in the group setting and expand them for use in the world outside of group. Through the included parent letters, parents are given information about the specific skill being addressed; ideas to encourage and foster development; and recommendations for additional readings.

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Spent a free time and energy to be fun activity to complete! A lot of people spent their free time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the guide untitled Resilience Builder Program for Children and Adolescents: Enhancing Social Competence and Self-Regulation can be good book to read. May be it might be best activity to you.

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