



# **Bounce Back!: Resiliency Strategies Through Children's Literature**

*Mary Humphrey*

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Teaching resiliency is the next step in the character education movement. Author, Mary Humphrey presents recommendations for teaching this important skill based on lessons she has taught and perfected in her elementary school library.

Featuring in depth lesson plans using picture books and intermediate novels for each of the five coping skills: Work on a Talent, Look Within, Find a Champion, Rescue Yourself, and Help Others, this book is immediately usable in the elementary classroom or school library. The author discusses the research and current thought on the teaching of resiliency and adds an additional annotated bibliography of titles to use to teach each specific coping skill. The book also features an in depth description of a reading incentive program useful in building resiliency skills. Grades K-6.

Teaching resiliency is the next step in the character education movement. This book features 20 in depth lesson plans using two picture books and two intermediate novels for each of the five coping skills recommended to be taught as the underpinning for teaching resiliency: Work on a Talent, Look Within, Find a Champion, Rescue Yourself, and Help Others. Also included is a summary of the research and current thought on the teaching of resiliency and an additional annotated bibliography of books to use to teach each specific coping skill. The title also features an in depth description of a reading incentive program that builds resiliency skills. Grades K-6.

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