



Bounce Back!: A book about resilience (Being the Best Me Series)

Cheri J. Meiners M.Ed.

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Bounce Back!: A book about resilience (Being the Best Me Series)

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Resilience—the ability to recover or “bounce back” from problems, hurt, or loss—is critical for social and emotional health and helps people feel happy, capable, and in charge of their lives. Foster perseverance, patience, and resilience in children with this unique, encouraging book. Young children learn thought processes and actions that are positive, realistic, and helpful for bouncing back. The book also helps children recognize people who can support them in times of difficulty. Back matter includes advice for raising resilient children and fostering resiliency at school and in childcare.

Being the Best Me Series:

From the author of the popular Learning to Get Along® books comes a one-of-a-kind character-development series. Each of the first six books in the Being the Best Me! series helps children learn, understand, and develop attitudes and positive character traits that strengthen self-confidence and a sense of purpose. Each book focuses on a specific attitude or character trait—optimism, self-esteem, assertiveness, resilience, integrity, and forgiveness. Also included are discussion questions, games, activities, and additional information for adults. Filled with diversity, these social story books will be welcome in school, home, and childcare settings.

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