



Ready Rosie

Featuring



Al's Pals™
Kids Making Healthy Choices

Areas of Resiliency

A child shows these areas of resiliency during difficult life situations, and is able to make healthy choices. Areas of resiliency include:

SOCIAL SKILLS

- » Gets along with others
- » Communicates
- » Cares
- » Copes

PROBLEM-SOLVING SKILLS

- » Thinks of many ideas
- » Decides what to do
- » Has self-esteem

SENSE OF SELF

- » Uses self-control
- » Is independent
- » Works out problems

HAVING A VISION OF THE FUTURE

- » Has goals
- » Keeps on trying
- » Works to be the best
- » Has faith and hope



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Protective Factors

Protective factors help shield children from harm, develop their ability to overcome difficult life situations, and become resilient. Resilient children are found to have these protective factors in their life:

- » Caring, supportive adults
- » High expectations for their own success
- » Meaningful involvement with others and their community
- » Opportunities to make decisions in their daily lives
- » Recognition and reinforcement of their positive behaviors
- » A safe, predictable environment
- » Clear messages that children are not to use tobacco, alcohol or other drugs
- » Clear messages promoting and modeling positive behaviors



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Social Emotional Skills

Strength in these social-emotional skills will benefit your child as they go into kindergarten and as they grow into confident adults. Children with strong social-emotional skills are able to:

- » Maintain positive relationship with others
- » Show empathy and caring
- » Demonstrate healthy coping skills
- » Think flexibly
- » Use self-control and self-discipline
- » Exhibit self-esteem



Here And Now And Down The Road

Chorus

**Here and now
and down the road
I can make a difference
I can**

**Here and now
The things that I do
Are gonna make a difference
For you**

I never thought it would be so hard
I never thought I could have so much love in my heart

Repeat Chorus

I need to protect you
I need to guide and respect you
I need to show you the way
For tomorrow, today
Such a delicate load I bear
Take my hand and together we'll get there

Repeat Chorus

Right here, right now
And down the road
I can make a difference
I know I can

Right here, right now
And down the road
I can make a difference
Here and now



We Are Stars

We are stars.
We are stars.
See how special we are!
Shine near, shine far,
We shine wherever we are.
We're special.
We are stars.



We are stars.
We are stars.
See how special we are!
Just look and see.
We're as special as can be.
We're special.
We are stars.

