

“Songs of Resilience”

Special songs & guided movements to help young children “bounce back” & thrive

Why these songs are important for children

The latest research tells us that music and movement are a powerful combination. Together they help children by...

- ... building better brains
- ... reinforcing learning
- ... supporting development
- ... helping them ‘bounce back’ & thrive
- ... promoting social harmony

So, that’s why we’re busy writing **special musical stories** and **children’s sing-a-longs** and adding **guided movements**.

These songs with guided movements teach young children ways to deal with everyday challenges and stress and how to get along with each other. So, when they face bigger challenges someday, they’ll have these strengths to help them.

What the songs are about

Each **Song of Resilience** focuses on an important **inner strength** that supports resilience, e.g.,

- ... Celebrating diversity & inclusion
- ... Persevering
- ... Calming down
- ... Understanding feelings
- ... Confronting upsetting thoughts
- ... Developing a positive outlook
- ... Participating & reaching out

The stories start with ducks, **Waldo & Jane**, who face discrimination and leave their home. After a stressful search, they finally find a friendly new home at **Peaceful Pond**. Soon Jane is writing songs and Waldo sings about their experience as well as those of their new animal friends at the pond.

What’s included in each song package

The music and other resources can be downloaded as mp3, wav, YouTube and pdf files and include:

1. Musical story (audio recording & lyrics) – features engaging animals like “**Mei the Moose**” and “**Şeraphina Spider**.” These animals are faced with challenges and learn to overcome them.

2. Children’s sing-a-long (audio recording, lyrics with guided movements and music with chords) – is simple and brief so that young children can easily sing the lessons learned from the musical stories and discussion.

3. Guided movements – add to the fun and reinforce key take-away messages of the sing-a-long.



4. Resource sheets – offer tips on how to use the songs and movements most effectively. Included are discussion questions, pictures, links to resiliency resources to boost learning for adults and children.

5. Music & nature appreciation resources – help children increase their familiarity with musical instruments, types of music and animals of the world. Each musical story focuses on one or two novel instruments and animals.

6. Resilience song for adults – supports adult role modeling because it is such an essential teaching tool. Every song package comes with an audio link to “**Take 5 & Thrive**.” This upbeat song encourages adults to practice simple ways to support their resilience every day. That’s so they can role model these same things in daily interactions with children around them.

Who we are

Since 2002, **Reaching IN...Reaching OUT (RIRO)** has been creating **evidence-based resiliency skills training programs and resources**. These help adults build their capacity for resilience so they can role model and introduce the skills to children around them. Visit www.reachinginreachingout.com

The “**Songs of Resilience**” **Project team** includes:

- ~ **Jane**, aka **Darlene Kordich Hall, PhD** (RIRO co-director & songwriter) &
- ~ **Waldo**, aka **Kirk Elliot** (acclaimed composer, musician & singer) with
- ~ **Friend**, **Rebecca Campbell** (singer/songwriter)