

Discover how the Core Concepts of Mind Resilience Apply to 0-5 Years

Sense of Competency

1. Engages in make-believe
2. Interested in new things
3. Imitates behavior of others
4. Tries to do things for him/herself

Caring & Respect of Self & Others

1. Listens to others; shows patience
2. Enjoys interacting with others
3. Seeks comfort from familiar adults
4. Tries to comfort others
5. Acts happy when praised

Problem Solving & Coping Skills

1. Willing to accept redirection
2. Keeps trying when unsuccessful
3. Early development of self-control
4. Can easily go from one activity to another

Optimism & Hope for the Future

1. Enjoys social play
2. Accepts alternative choices
3. Shows interest in his/her surroundings
4. Says positive things about the future
5. Trusts familiar adults and believes what they say

Ability to Reframe Stress

1. Uses imagination to build skills
2. Cooperates with others
3. Begins to accept rules for behavior
4. Begins to identify patterns and routines
5. Can calm self down when upset

Sense of Purpose & Meaning

1. Enjoys imitating people in play
2. Begins to show willful
3. Ask questions; tells stories
4. Wants to please others and be with friends
5. Displays joy and curiosity