



# I'm OK! Building Resilience through Physical Play

*Jarrod Green*

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## **I'm OK! Building Resilience through Physical Play** Jarrod Green

Children must learn to pick themselves up, brush themselves off, and bounce back. How do you allow for the physicality required to build resilience why you are tasked with children's safety? This guide provides the tools and strategies for creating a culture of resilience, including families in the process, and keeping safety front-of-mind.

- Examine common safety concerns and how to address and prepare for them
- Learn how to work with families and build a trusting relationship around children's physical development
- Consider legal concerns regarding licensing and liability
- Discover practical approaches to working with children to find their appropriate level of physical risk-taking and how to respond to a child's risky behavior

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