



Detroit PBS KIDS

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In-Home Learning and Fun!

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Resilience is a word you probably are hearing a lot these days. Resilience is defined as the ability to recover quickly from difficulties. In another era, it might have been called "grit" or "being tough" - but neither one of those quite capture the twin needs to "acknowledge the difficulty" and "keep going." These times require resilience from us as adults, and it is an important ability to teach our children.

Parenting:

[How Thinking About Thinking Can Help Kids Build Resilience](#)

In order to thrive, kids need to be able to make the transition from the negative "I can't" to the proactive "How can I?" As a parent, you can help them think about why they're stuck, what's frustrating them, what they would need to get unstuck. Help them think about their own thinking.

Self Care:

[Resilience During a Pandemic](#)

One of the most frequently recommended tools for coping? Maintain structure in our lives. Such routines and rituals as getting up in the morning at a regular time and building routines around daily tasks. Check out even more tips for surviving our extended shelter-in-place.

Perspective:

[Rachel Hollis](#)

Rachel Hollis is an American author, motivational speaker and blogger. In this episode from her Facebook video series, Rachel talks about what resilience looks like to her during these times.

Family Fun:

[Keep Trying! Create a "Tightrope" to Talk About Practice](#)

Tightrope walkers have to keep on trying for a long time before they become good at their craft. Here's an activity to help your child learn that "If you keep trying, you'll get better!"

Virtual Field Trips:

[East Lansing Virtual Art Festival](#)

Saturday, May 16, a full day of live-streaming art offerings will be hosted on the ELAF Facebook page. The offerings will include online musical performances, online artist demonstrations, online demonstrations for at-home children's art activities, artist award announcements and more.

Special Events:

[Detroit Performs Sunday Brunch Music Series will feature Blue Llama](#)

11:00 a.m. Sunday: Watch for some Jazz from the Blue Llama in Ann Arbor -- from Detroit Public TV and WRCJ 90.9 FM.

PBS Family Movie Nights on Channel 56.2: Nature Cat: Natural Wonders Mini-Marathon

Watch May 15, 16, 17 from 7 to 9 p.m.: Explore the natural wonders of the world with Nature Cat! With the help of his animal friends, Nature Cat embarks on action-packed adventures full of nature investigation, "aha" discovery moments and humor, all while inspiring children to go outside and "play the show."

PBS Family Movie Night themed activity: [Nature Cat Scavenger Hunt](#)

Send your backyard sleuths on a scavenger hunt to find items and textures from nature.

Other Resources:

[Child Care Relief Fund from the Michigan Department of Education](#)

The Child Care Relief Fund is a noncompetitive grant program that helps child care providers in Michigan cover costs during the COVID-19 state of emergency.

Did a friend send this to you? [Have this newsletter delivered to your own inbox.](#) Scroll down, and you can catch up on all earlier newsletters and other resources from Detroit PBS KIDS.

Thanks to these partners for their advice and resources:



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