



BOUNCE FORWARD with The Moodsters™



*A Guide for Kids on Finding Your Strong,
Resilient Self!*

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A LETTER TO GROWN-UPS

Dear Grown-ups,

We all know that children have been through a lot these past couple of years. No one could have prepared them—or us!—to face such life-altering changes. Now, more than ever, young children need help identifying their own strengths and sources of support that will enable them to bounce *forward* after a time of isolation, loss, and physical and mental challenges.

So how can grown-ups support children during this time?

By teaching them to be resilient.

What Is Resilience?

- Resilience is the ability to adapt well to life and its challenges.
- **Can anyone become resilient? Yes!** And it can grow over a lifetime. In this interactive book, *The Moodsters* will demonstrate many ways to build resilience.
- Research shows that children who are resilient benefit from improved mental and emotional well-being.
- Resilient children are curious, courageous, and trust their own instincts.
- They experience less stress and have stronger connections to others.
- They are more likely to take healthy risks and are better equipped to deal with setbacks.
- Resilience helps kids stay calm, learn from their mistakes, and remain optimistic.
- **It's never too early to begin teaching kids simple strategies for resilience!**

How Grown-Ups Can Help

- It only takes *one caring grown-up* to make a difference in a child's life—be that grown-up.
- Model the behavior you want to see in the child:
 - Talk about your own feelings
 - Explain that there are no right or wrong feelings—all feelings are okay!
 - Demonstrate how you stay calm and find positive solutions to your problems
- Let the child know you make mistakes, too! Then show how you learn from them.
- Most importantly: Spend time with children, be available for conversations, and let them know they are loved and cared for. These are the first steps on the road to resilience!

Thank you for all you do for children!

Denise Daniels, RN, MS
Creator of *The Moodsters*



YOU CAN DO IT, _____!

(Write your name here—this is YOUR book!)

Hi! I'm Coz, and these are my friends.

We're The Moodsters.

We help kids like Zach and Zoey and Sam—AND YOU!—with their feelings.



Zach



Zoey



Sam



Snorf



Lolly



Quigly



Razzy

When you go through a hard time, it may feel like nothing will ever get better.
And you might think that there's nothing you can do about it.

But here's a secret:

You are stronger than you think!

And you can come out of a hard time
even better than you were before.



So you don't just "bounce back"—
you bounce **forward!**

Let's go!



RESILIENCE = BOUNCING FORWARD

Did you know there's a word that means you **GET BACK UP** after you fall down?

And that you **KEEP TRYING**, even if you make mistakes?

The word is **RESILIENT**
When you say, "I won't give up,"
you are **RESILIENT**.





I'm a silly ant?



No, RESILIENT!



Restaurant?



No, RESILIENT!



Res-elephant?



ree-ZILL-ee-ent!

Now **you** say it with Quigly:

RESILIENT!



SO MANY CHANGES!

The first step in being **RESILIENT** is to take a look around you and see what's going on. Because the world is changing all the time.

Some changes are easy:



I'm going to change into my pajamas.

Some changes are hard:



We're moving to a new house?!?!?!?

There sure have been **a lot** of changes lately!
What's been changing in your world? You can write them here—or draw a picture instead.



WHAT I WANT TO KNOW IS...

With all these changes going on, you probably have lots of questions!

Me? Nope!

**Definitely
no questions.**

**I know
everything
already.**



**I don't
have any
questions!**

It's important to ask questions!

The answers can help you understand what's going on.

And you may feel less scared or sad or mad. There are no silly questions.

Asking questions shows you're strong!

WHAT ARE YOUR QUESTIONS?

(Razzy has a few, too!)

Can I see my friends again?

Is everything back to how it was?

Does Mom have to go back to work?

Do I have to wear a mask?



AND HOW DO YOU FEEL ABOUT THAT??



That makes me feel sad!



I'm a little scared about this change!



Ooohh, I'm so mad that she can't stay home!



The good thing is, that means things are getting back to normal!

Your feelings are a special part of you—even those **upset** feelings, like feeling **SAD** or **SCARED** or **MAD**. And sometimes you feel lots of different feelings at the same time!

Listen to your feelings—they tell you important information about yourself.

Circle the feelings that you've been having lately:

EXCITED MAD SCARED HOPEFUL

SAD CURIOUS HAPPY NERVOUS

IMPATIENT CALM LONELY FRUSTRATED

Guess what? **ALL FEELINGS ARE OKAY!**
It's what you do with them that counts!



YOU'RE IN CHARGE!

Did you know that your brain is like a computer, sending messages to the rest of your body about how to feel and what to do?

And you have the power to **TAKE ACTION** when those big feelings come around—so you can help yourself feel better!

First, let yourself feel the feeling so you know what it is. Then...

WHEN YOU'RE **MAD**

- Run around outside
- Breathe from your belly
- Count to 10 *s-l-o-w-l-y*



WHEN YOU'RE **SAD**

- Talk to someone you love
- Watch a funny video or read a funny book
- Offer help to someone else—because that can make you feel happy, too!

WHEN YOU'RE **SCARED**

- Talk to yourself and say, *"I'm brave, I'M BRAVE!"*
- Picture yourself looking strong and brave
- Sit with someone or something that makes you feel safe



ASK A GROWN-UP:

"What do you do when you're mad, sad, or scared?"

What did they say?



HELP IS ALL AROUND

There are always people you can turn to when you have questions, or when you're having a **"feelings emergency"**!

What kind of helpers do you see in these pictures?



In the blank circle, draw someone or something that helps you when you're having a feelings emergency—it might be a person or a stuffed animal or a toy or a pet!



YOU'RE GETTING STRONGER
WITH PEOPLE YOU LOVE!

Remember the word **RESILIENT?**



I do! It means
you're strong inside
and you keep trying!
RESILIENT!



One thing that helps you be resilient
is spending time with people you love
and who love you right back—
people who make you feel comfortable,
and who listen to you. For example:

Who is someone you could tell a secret to?

**What are The Moodsters
doing here?**

What kind of activities do YOU like to do with your friends and family?

Circle the ones you enjoy, or list some of your own!





YOU'RE GETTING STRONGER BY STAYING HEALTHY!

Taking care of your body and your brain is soooo important,
because there's only one **YOU!**

Your healthy body helps keep you strong and...what's that word again?
The one that starts with **R-E-S...**? If you can't remember, Quigly will be happy
to help you out! Can you find him on this page?



Which of these Moodsters
and friends are doing things
to stay healthy?
Hmmm, is there a Moodster
friend who's doing something
that's **NOT** so healthy?

*P.S. It's okay to eat candy sometimes!
But not too much, and don't forget
to brush your teeth!*

RESILIENT!

12



YOU'RE GETTING STRONGER! WITH A REGULAR ROUTINE

When you do certain things at the same times each day—like getting up, getting dressed, having breakfast, taking a bath, going to bed—that's called having a **"routine"** (roo-TEEN).

The good thing about having a routine is that it makes life feel more calm and less stressful.

And that can make **YOU** feel stronger and more relaxed—and more **resilient!**



What time do you get up in the morning? _____

When do you eat breakfast? _____

What time does school start? _____

What time do you eat dinner? _____

What time do you go to bed? _____



When is
snack time?



YOU'RE GETTING STRONGER BY SAYING "THANK YOU"!

We know that when someone gives us a birthday present, we're supposed to say, "**Thank you.**" (Yes, even if it's socks!)

Now think about other ways people
do nice things for us:



What nice thing did somebody do for you lately? _____

Why do you think they did that? _____

How did it make you feel? _____

Gratitude is when you're happy that someone did something nice for you. When you are thankful for your family and friends, for the food you have, for the toys you play with, and for all the helpers.

It's not just saying the words "**Thank you**"
(but that's important, too!).

It's a true feeling that comes from your heart.

That's what we call having
"**an attitude of gratitude**"!

It's a good way to live—because it makes everyone
feel good. And when you feel good, you're more...

R E _ I L _ _ _ T



YOU CAN DO IT! TRY NEW THINGS

You've been getting stronger and stronger! Can you feel it?
This means it's a great time to try new things, like...

- Make a new friend
- Learn to make a paper airplane
- Plant flowers in the yard or the neighborhood



Sure, it can feel scary to try something new, but remember:

YOU'RE BRAVE AND YOU CAN DO IT!

Each time, you'll get better and better at it.

And that makes you more excited to try new things in the future!

Circle the pictures below that you think are GOOD ways to make a new friend. Why do you think so?

Hi, I'm Coz! Nice to meet you!
What's your name?



Hi, I'm Lolly!
Would you like to share my cookies?



Hi, I'm Snorf!
Do you want to sit together at lunchtime?



I'm Razy!
And I'm about to blow my stack!



YOU CAN DO IT! LEARN FROM MISTAKES

Of course, trying new things is going to mean...making mistakes sometimes!

AND THAT'S GOOD!



Yes, it's good—
because mistakes **help us learn.**

Everybody makes mistakes.
Even grown-ups!
(Ask them and you'll see!)

When things don't work out
and you try again, you're getting
smarter and stronger and braver—
and you're closer to getting
it right next time!

**HOW DO YOU FEEL
WHEN YOU MAKE
A MISTAKE?**

(Draw a picture here)

**HOW DO YOU FEEL
WHEN YOU TRY AGAIN
AND DO BETTER?**

(Draw a picture here)



Hey, look at me—I'm **RESILIENT!**



YOU CAN DO IT! SOLVE PROBLEMS

Problems are only a small part of our lives—but boy, are they annoying!

- Like if your room is a mess and you don't want to clean it but you have to.
- Or if someone doesn't want to share their toys.
- Or if you break something by accident

DID YOU KNOW: You already have all the skills you need to solve problems!

All you need is a **“can-do attitude.”**
That means telling yourself, **“I can do it!”**

Here are some things to try:

- Stay calm and say something positive to yourself, like **“You can do this!”**
 - Break the problem into smaller chunks. Work on one part at a time.
(Definitely do this when you have to clean your room!)
- Say one good thing you're learning from this problem:
**“I forgot my lunch today—but I won't do that again!
I'll put a note on the door to remind me.”**
- **Ask for help if you need it—that's always ok**

Let's say your room is very messy. (*Of course, that never happens, right?!*)

• What would you put away first?

Clothes on the floor Toys Books

• What would you put away second?

Clothes on the floor Toys Books

• What would you put away third?

Clothes on the floor Toys Books



LOOK AHEAD: SET GOALS

A **goal** is something you want to do or something you want to achieve in the future. It's kind of like a dream—and you have the power to make it happen!

**To reach a big goal, it's good to take smaller steps,
one at a time, to get there.**

- Like when you read a book, you read one page at a time.
- If you want to score a goal in soccer, you practice kicking the ball into the right place with the right energy!
- If you want to be a firefighter when you grow up, you eat healthy foods and exercise to get strong!

What goal is Coz thinking of?

What goals do **you** want to achieve? And what steps will you take to get there?
Coz has done one as an example:



GOALS

Be a soccer player

STEPS

Practice, practice, practice!



FEEL HOPEFUL!

Now you've got goals you want to achieve, and a plan to get there.

You can think about the future with hope!

Things are getting better and better, and you have **a lot** to look forward to.

**If a magic genie could grant you three wishes,
what would your wishes be?**

1. _____
2. _____
3. _____



FEEL GOOD ABOUT YOURSELF!

You've done a great job in this workbook—
you're stronger and more **RESILIENT** than ever!

In fact, you're a superstar at doing hard things:

- You've thought of good questions to ask
- You've paid attention to your feelings
- You've practiced ways to make new friends
- You've learned ways to solve problems
- You've discovered that it's important to say positive things to yourself
- You've set goals for the future

Whenever you take a step toward your goal, or try again after making a mistake, or ask an important question and talk to someone about it—celebrate it

AND FEEL PROUD!

★ CALENDAR 2021 ★						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



THE STORY OF YOU

YOU are a special person—there's no one else like you in the whole world.

And your story is different from everyone else's.
So the only one who can tell your story is...**YOU!**

Use this page to tell (or draw!) the story of a time when you went through some hard things—and how things got better.

- Did anyone help you?
- Did you talk to someone special?
- Did you tell yourself to be brave or say "I can do it!"?
- Did you figure some things out all by yourself?

How did
you
feel back
then?

How do
you feel
now?

What
was the
best
thing?

What
was
hard?

Can I
be in
there?

Snorf,
this isn't
your story!



**CONGRATULATIONS
ON A JOB WELL DONE!!**

You are RESILIENT!

**You are
bouncing
forward!**

Great Job!

**We believe
in you!**

**You're
Strong!**



THE FEELINGS THERMOMETER

See this amazing and colorful thermometer?

It's not for taking your temperature—it's *for checking how you're feeling!*

Keep the Feelings Thermometer handy. You can use it every day to show someone what's going on inside you and to talk about your feelings.

Remember:
ALL feelings are okay!

I feel **HAPPY** —
because we got
to spend time
with **YOU!**



CERTIFICATE OF COMPLETION CONGRATULATIONS!

The Moodsters are proud to announce that **YOU** have completed the **Bounce Forward With *The Moodsters workbook!***

You have proved that you are strong, hard-working, and **resilient!**

You can do anything if you believe in yourself, practice problem-solving, learn from your mistakes, talk to yourself kindly, set goals with hope, and don't give up. Good work!



Write your name here



Coz



Lolly



Snorf



Razzy



Quigly



We're always nearby if you need us!



BOUNCE

FORWARD with

The Moodsters™



*When you fall, you get back up. You're brave and strong and brilliant.
When things are hard, you don't give up.*

Because you are Resilient!

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