



## Songs of Resilience: or Building the Child from the Inside Out: Songs for Social and Emotional Development

### Resilience Theory (as researched by the Devereux Foundation)

The child who develops *attachment*, *initiative*, and *self control* early in life is more likely to bounce back from the stresses of a changing world.

**Attachment** – a secure and growing positive bond between a child and caring adults. Beginning with mutual gaze as an infant, the child grows and learns with the sense that she is loved and cared for. The world is not to be feared but embraced. Adults are sources of hope and guidance.

**Initiative** – a sense of acting on the world, not just reacting to the world. My thoughts, feelings, and choices are important. I create my world and solve problems with confidence. I am motivated to learn because I know I can succeed.

**Self Control** – the ability to regulate and sustain attention, self-soothe and manage frustration, and function appropriately in social settings.



## **I Can Count on You, I Can Do It, I Can Settle Down,**

*Attachment, Initiative & Self Control*

### ***Attachment (I Can Count on You)***

1) I Can Count on You	8) The Sharing Song
2) Me and You	9) Somebody Loves Me
3) Together Time	10) My Family
4) Hands	11) When I Look Up to You
5) Someone to Talk To	12) A Tree and Me
6) Friends	
7) One World	

### ***Initiative (I Can Do It)***

1) I Can Do It	8) Up the Mountain
2) It's Up to Me	9) Slow Groove
3) I've got Two	10) Let's Play
4) Butterfly, Bumblebee	11) I Can Write Any Song I Want
5) I'm Gonna Find A Way	12) I am a Rubber Band
6) L-I-G-H-T	
7) Something Beautiful	

### ***Self Control (I Can Settle Down)***

1) I Can Settle Down	8) Golden Words
2) Stop and Think	9) Emotion
3) Three Rules	10) Down in the Dumps
4) I Get Angry	11) Be Careful
5) Breathe	12) When a Kite Flies
6) I Can Wait	
7) Self Control	



## Classroom Plan

<u>Time/Part of Day</u>	<u>Song</u>	<u>Associated Activity</u>
1. _____	_____	_____ _____ _____ _____
2. _____	_____	_____ _____ _____ _____
3. _____	_____	_____ _____ _____ _____
4. _____	_____	_____ _____ _____ _____



# Big Take Home Ideas

(I want to remember this one)