



Hello Neighbor,

We are so glad this kit reached you and your family. Resilient Wilco is a local community group committed to helping children and parents build strong healthy relationships. The concepts and activities in this kit are all based off current brain science and relationship skills that will help children and adults manage their stress while building safety and connection. The ideas may seem simple, but the practice can be challenging. We recommend sharing these ideas with friends and family and going through these activities with your children. Everything in this bag is really for children of all ages, and the kit works best if you share it!

Here is what is in your kit:

- Cool tips and activities on getting to know your nervous system, think "how is my engine running?"
- Relationship "bullseye" tips for keeping relationships safe during times of stress
- Refrigerator magnet reminders to be used by the whole family
- Items to help kids calm up or calm down and keep their engine running just right
- Books to read together about emotions and how to talk about them

If you would like more information about all the brain science we are learning or about our group, please check out our webpage or follow us on YouTube.

We wish you health and happiness in the coming year!

-The Resilient Wilco Team

Adults help everyone in the family get where they want to go ... how is your engine running?

