

10. Children need space to fail and struggle so they can learn to persist and try again.

Resources

Books

- [“Not Yet . . . And That’s OK: How Productive Struggle Fosters Student Learning”](#) by Peg Grafwallner
- [“Promoting Resilience in Preschoolers”](#) by Karen B. Cairone and Mary Mackrain’
- [“Raising Resilient Kids: 8 Principles for Bringing Up Healthy, Happy, Successful Children Who Can Overcome Obstacles and Thrive Despite Adversity”](#) by Rhonda Spencer-Hwang
- [“Cultivating Resilience in Early Childhood: A Practical Guide to Support the Mental Health and Wellbeing of Young Children”](#) by Louise Jackson

Articles

- [“Teaching Students to Use Failures Productively in Pre-K”](#) – Edutopia
- [“How to Help Kids Learn to Fail”](#) – Child Mind Institute
- [“Building Resilience in Children and Families”](#) – Sesame Workshop
- [“Building Resilience in Children 3-8 Years”](#) – Raising Children Network

Organizations

- [Center for Resilient Children](#)
- [Sesame Workshop](#)
- [Conscious Discipline](#)
- [Fostering Resilience](#)

People, Podcasts, Social Media

- [Getting Out of Children's Way Builds Resilience](#) (Podcast)
- [The Verywell Mind Podcast](#) – Episode: How to Teach Kids Resilience With Actress Cobie Smulders
- [@theconsciouskid](#) (Instagram)
- [Hidden Brain Podcast](#) - Episode: Kinder Gardening