

Resilience for Children & Families: Being Brave When Things are Hard.

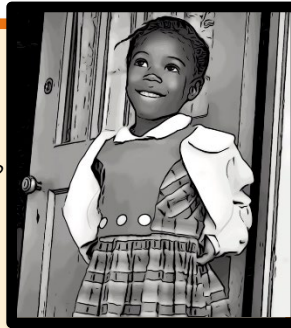


It's Dr. Machel. We have very special guests today. I met Dr. Rodney Hammond when I was two. He helps us to be safe. Rev. Dr. Latricia Scriven helps us find

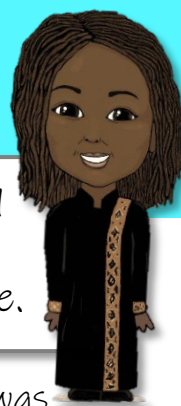
[Dr. Rodney](#) writes books and films to stop violence. He was a director at the CDC. He helped our country be safer. When I was small, I liked his bell bottom pants. I now know, he was changing the world. He told me then, "Little by Little, that's what it takes." When times get hard, take **1** thing at a time.

[Ruby Bridges](#)

was so brave! When she was 6, school was tough. Some people yelled, Go away! [She was a small hero](#). You might have courage too. Find a brave adult. Listen to their story.



strength & peace.

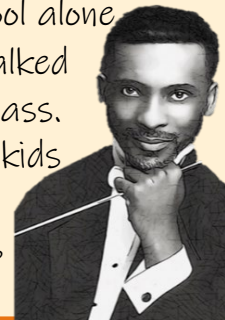


Rev. Dr. Latricia was an education professor. Now, she is head pastor at [church](#). She and her husband run the [African American Family Enrichment Institute](#). They help people be their best. She knows people who have been hurt. She helps people feel better with love.

Kids told us community gives them strength. What group helps you?

1. Dr. Rodney remembers when Dr. King died. He was very angry. But he still had choices.
2. So, he went to university. He was brave, the first black Ph.D. psychology student. Studying psychology helped him focus. How can you focus?
3. He says: When you get an opportunity, put it to good use. At times, it seems there is no place to go. You might feel angry or helpless. Keep Going. Learn to survive.
4. Think now about how to get out of a situation that might lead to violence. How can you stay safe?
5. The way things look now, don't always tell you the way things will be.
6. Rev. Dr. Latricia says own the total of your emotions. *Psalm 139*: "How can we praise God in a strange land?" Let your song show your love, fear, peace, anger, joy, and deep lament.
7. She says: Do your absolute best with the tools you have to work with.
8. Don't figure out how to be. Focus on being. Be you and life is easy. Light everything up!
9. Our joy cannot be taken. Joy is full! It can be resistance. As an act of faith, keep your hope.

Dr. André Thomas is inspired by [Spirituals](#) to write music. As a kid, he went to school alone like Ruby. Nobody talked to him until music class. He played piano for kids singing as one voice. Now, people play his music [world wide!](#)



Shapes in this African [bogolafini](#) have [meanings](#). Watch [Kente Weavers](#). Weave a [paper Kente](#) or [Andinkra](#) cloth.