



This book was adapted by the author's 12 year old son. Told as a parable, the 4 characters live in a maze and look for cheese to make them happy. Each character represents a different way to manage the changes and challenges they discover in the maze. How they find and eat the cheese defines their resiliency to change. Resilience is an ability to bounce back, recover from adversity or return to your original form. Resilience is built upon 7 building blocks: competence, confidence, support, positive values, contribution to others, coping strategies and personal power. This book will help children view change as a good thing that leads to new opportunities.

**Asset Information: This book builds assets from 6 of the 8 categories:**

This book builds assets from 7 of the 8 categories:

- Social Competencies -#32 Planning and Decision Making and #33 Interpersonal Competence
- Positive Identity -#37 Personal Power, #38 Self Esteem and #40 Positive View of Personal Future
- Support -#4 Caring Neighborhood and #5 Caring School Climate
- Empowerment - #10 Safety
- Boundaries and Expectations: #15 Positive Peer Influence and #16 High Expectations
- Commitment to Learning: #21 Achievement Motivation
- Positive Values - #30 Responsibility

**In our lesson our goals are to:**

Help students learn that change happens to everyone. Help students understand that people handle change in different ways. Teach students different ways to deal with change and become more resilient. Discuss the students' upcoming change- what will be different, what will be the same, how they feel about the change. Teach students that they have control over how they react to change.