

Hello everyone,

Thank you for attending the *Resilience* Film Screening and Sound Discipline presentation at the WLA Conference on 10/18! We were so happy to be able to share this film with you and to be able to engage with you all in a discussion on self-regulation and resilience building activities. If you have any feedback or follow-up questions about the session, please let me know.

I promised to send you some follow-up resources, please find those below.

If you'd like to explore more of the resilience building activities we introduced at the screening, we have room in our upcoming *Building Resiliency 2: Firmness Tools* workshop on Monday Nov 5 in Seattle. This workshop will be presented by our Executive Director and co-founder Dr. Jody McVittie. Register [here](#).

All of our public workshops can be found on our Eventbrite page – [sounddiscipline.eventbrite.com](http://sounddiscipline.eventbrite.com)

Sound Discipline Educator and Parenting Newsletter and Archives - <http://www.sounddiscipline.org/subscribe/>

Sound Discipline Blog – <http://www.sounddiscipline.org/sd-blog/> Each month we post a blog article for parents and for educators on a theme, for example, Oct was 'kindness', Sept was 'curiosity', August was 'hope', etc.

Recommended books - <http://www.sounddiscipline.org/books/>

Sound Discipline Facebook page - <https://www.facebook.com/sounddiscipline/>

I am also attaching the handout from the presentation.

In addition, Sound Discipline hosts a tour of one of our Demonstration Schools in the Renton School District each month, so if you are interested in learning more about our work in schools, let me know.

Thank you!  
Mary

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[Join us](#) for one of our upcoming public workshops*

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