

**CREATE
WITH US**

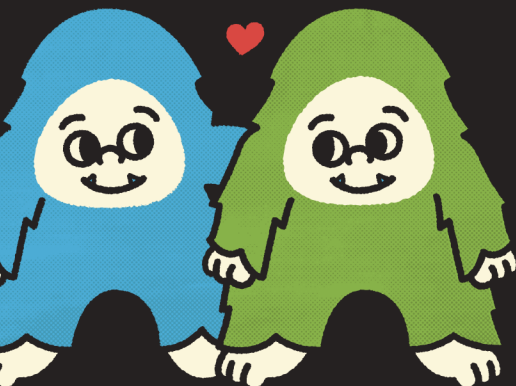


HARRY

Healthy Activities for
Raising Resilient Youth



2601-129-03





HEALTHY ACTIVITIES FOR RAISING RESILIENT YOUTH.



Every day, youth are learning how to navigate the world.

Through friendships, challenges, and new experiences, they're building the skills that shape who they become.

HARRY helps make that growth intentional.

Through simple, everyday activities, kids strengthen the skills that build resilience. Research shows these skills develop through consistent, real-life behaviors over time.

So when challenges come, they're not starting from scratch. They're building on what they already know.



CREATE with **HARRY**.

Get free resources to **CREATE** at
parenting.org/CREATEwithHARRY

CREATE

RESILIENCE with HARRY



CONNECT

Spend time with people.



RENEW

Reset your mind & find calm or meaning.



EXERCISE

Move your body.



APPRECIATE

Notice the good.



THINK

Solve problems
& grow your mind.



EXPRESS

Create & show who you are.

