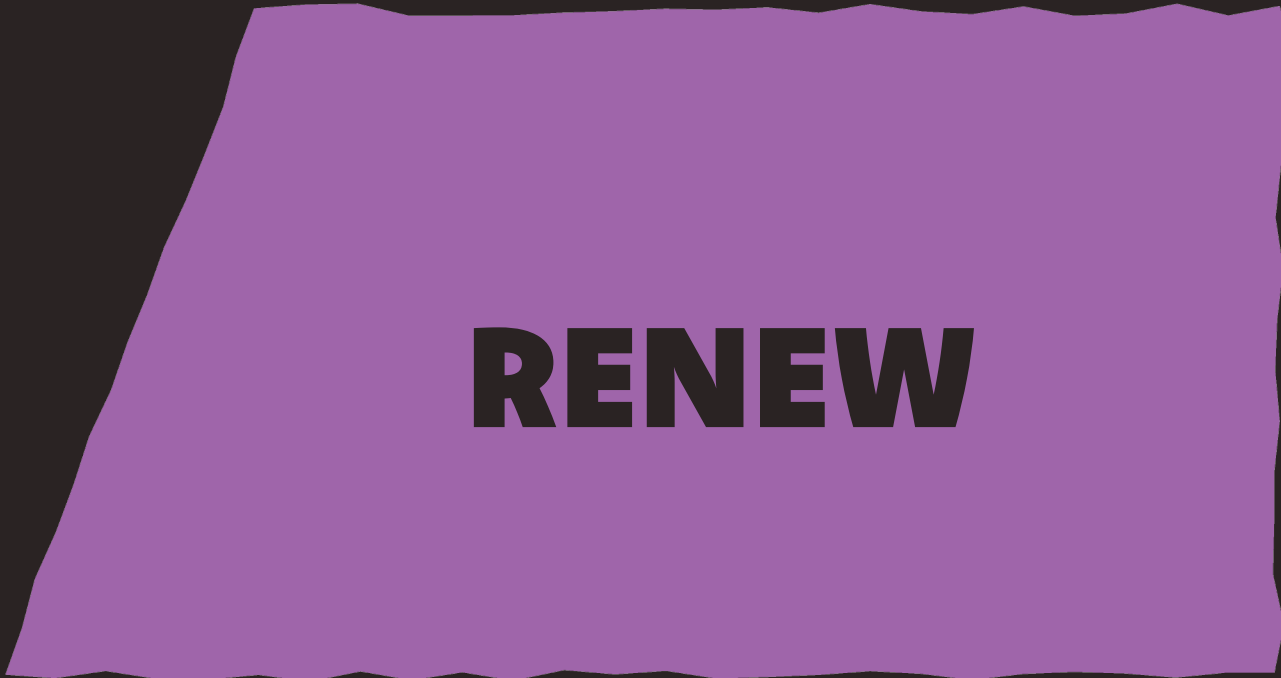
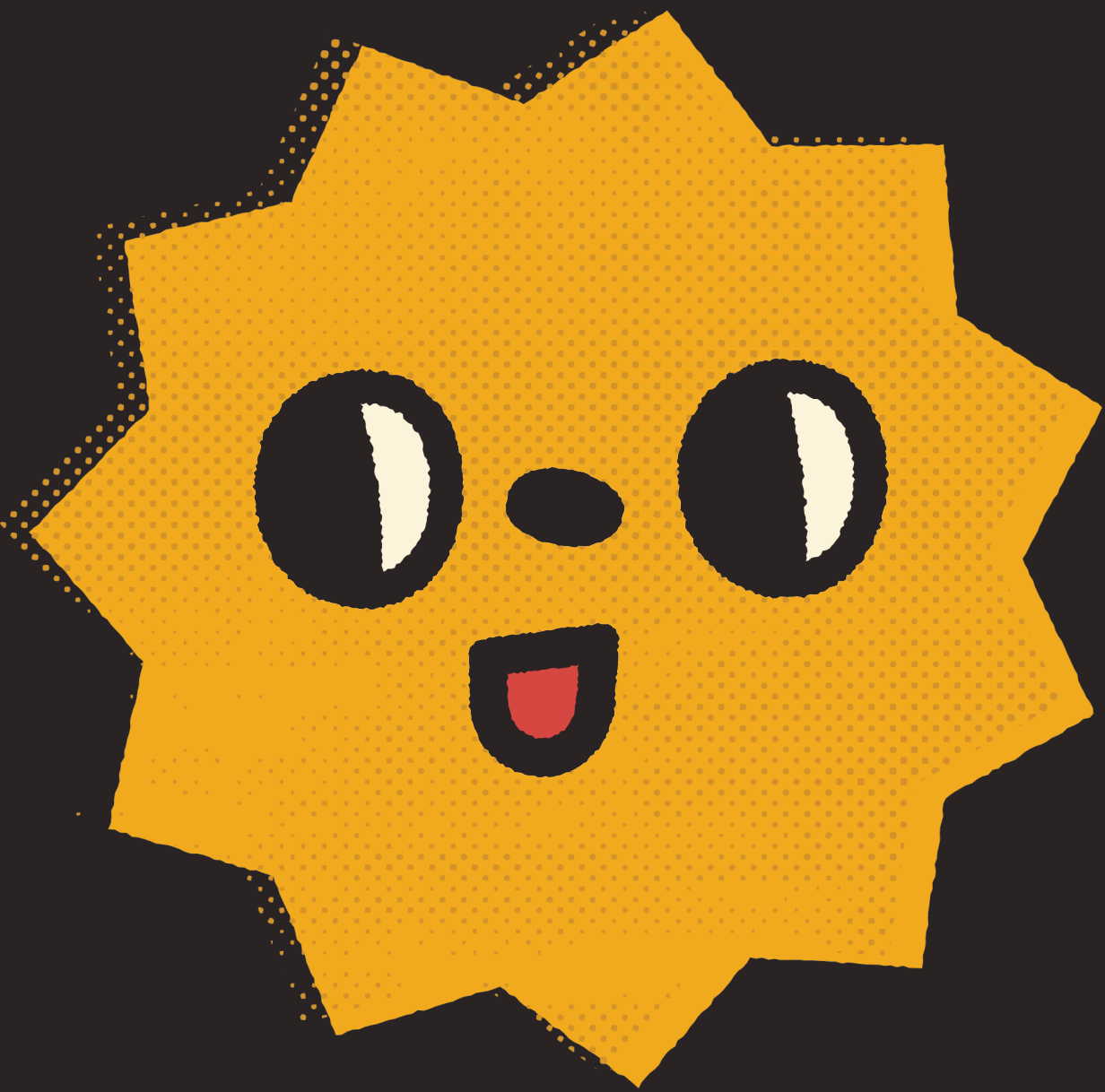
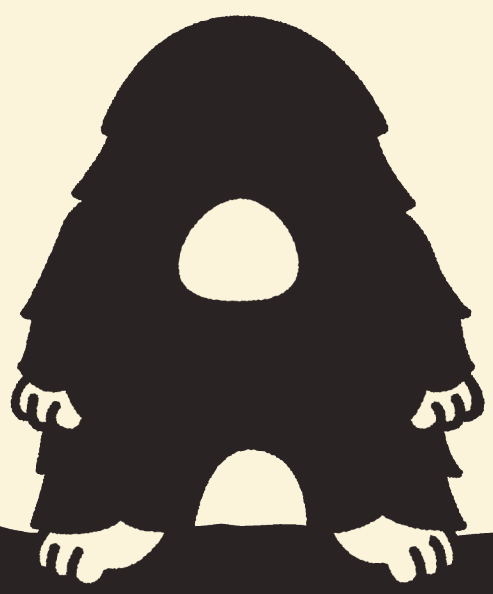
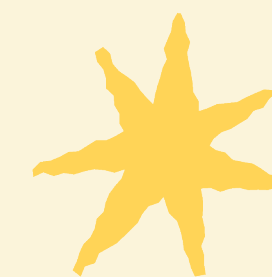




HARRY



HARRY



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.

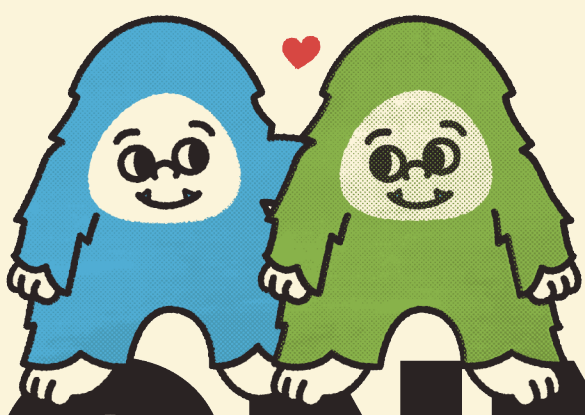
Through simple, everyday activities, kids strengthen the skills that build resilience. Research shows these skills develop through consistent, real-life behaviors over time.

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

CREATE with HARRY

CREATE

RESILIENCE with **HARRY**



CONNECT

Spend time with people.

Talk to someone you trust • Help others
Enjoy some family time • Play with friends



APPRECIATE

Notice the good.

Practice gratitude • Celebrate wins
Recognize good moments



RENEW

Reset your mind & find calm or meaning.

Pray / reflect • Mindfulness • Deep Breathing



THINK

Solve problems & grow your mind.

Solve problems (SODAS) • Do puzzles
Learn something new • Think in helpful ways



EXERCISE

Move your body.

Exercise • Play sports • Go outside

EXPRESS

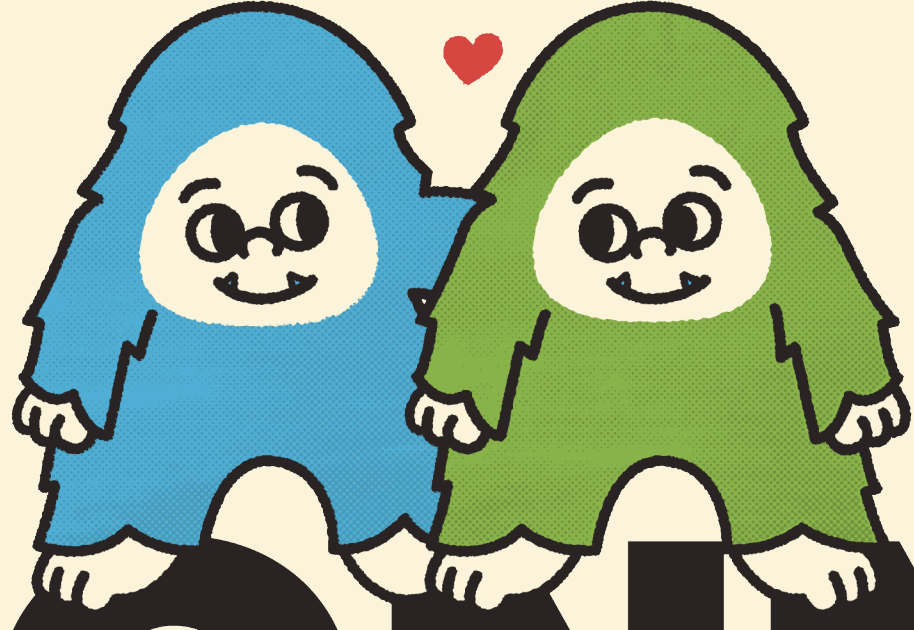
Create & show who you are.

Draw, build, make music • Cook / craft
Create something • Share your ideas





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.