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## Green's "I'm OK! Building resilience through physical play" (book review)

Anita Gray

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# Book Review

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Green, J. (2017). *I'm OK! Building resilience through physical play*. St. Paul, MN: Redleaf Press. 142 pp. \$20.06. ISBN 9781605544519

Author Jarrod Green, himself a pre-K teacher, writes about the need for young children to be allowed to play, not necessarily adult controlled sports teams but just going out and exploring, climbing, running, having fun on their own or with friends. Green asserts that cognitive, emotional, and social development can be enhanced when children are allowed to figure out how to do things, how to handle bumps and bruises, how to handle disagreements with each other, and how to play together without constant adult supervision. While Green acknowledges the risks that can be involved in such behavior and does give suggestions to teachers and parents how to teach their children the ability to recognize and evaluate the risk vs reward, he also indicates that resilience can be instilled through the treatment of the occasional mishaps. If children are given encouragement to figure out why and “bounce back” from play that does not turn out the way they thought it should they can learn how to deal with other issues in life. Mr. Green does acknowledge various children’s attitudes toward play and risk from children who will do anything to those who either are afraid of the risk or just do not care about physical activity; He also addresses situations with children with disabilities. Green is addressing teachers and pre-school administrators; therefore, he also tackles communication with parents, liability and legal issues, and other concerns that can come up but that can also be discussed and resolved for the betterment of the children, in his eyes. The author bases his premise on some research and his own experiences along with the experiences of others who intentionally encourage resiliency through physical play. The book is very well organized, and the author not only discusses processes and procedures he also gives practical examples and resolutions; his emphasis on resiliency is consistent at the end of each section or chapter.

## Reviewer

Anita Gray