

August 14, 2007

Resiliency for Life  
Michael Ballard  
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Dear Michael:

I have had the opportunity to review the program entitled "Be a Bird and Be a Ball. The guided imagery and nature sounds that are represented in this resource are very effective and can be used in a variety of ways to support young children in their efforts to relax and develop strategies to manage stress as well as support overall wellness. I found myself in a most wonderful relaxed state after review this program. I felt I had completed a Yoga class! I am excite by the focus of the material as it can be used flexibly and respectfully empowers the child to be in charge and take ownership of their feelings.

As an educator with a passion for young children's wellbeing I appreciate your efforts as you move forward with the work of Resiliency for Life.

Respectfully yours.



Pauline Camuti-Cull

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