



Hello,

Children thrive when they feel supported, seen, and encouraged.

*“Children are not things to be molded, but people to be unfolded.”* — **Jess Lair**

### **Today’s Activity**

Write a note of encouragement to a child or young person in your life.

### **Explore This Resource**

Harvard Center on the Developing Child — [“Building Core Capabilities for Life”](#)

### **Reflection Question**

How can adults create environments that help children build resilience?

### **Local Focus**

Learn about LEAD Girls of North Carolina.

### **Join Us Next Week**

Join us **IN-PERSON** for United Way of Forsyth County's 21-Day Resilience Challenge culminating panel event—*Resilience in Leadership: Women Who Lead Through the Storm*.

Click here to register for: [Resilience in Leadership: Women Who Lead Through the Storm](#)

### **Event details:**

Friday Feb 27, 2026, 11:30 a.m. to 1:00 p.m.

Forsyth County Annex 1 Auditorium,

725 Highland Avenue, Winston Salem, NC 27105

Your encouragement today could change someone’s tomorrow.

Warmly,

**United Way of Forsyth County**

**GIVE**