



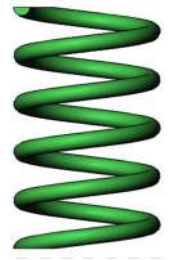
Name:.....





## What is resilience?

Resilience is coping when things do not go well.  
It is like a coil, it is the act of springing back.



## Why is Resilience helpful?

Resilience is a useful idea to learn about because:

- not everything always works out as we would like
- not everyone does everything that we would like
- not everyone does everything the way we would like

## This can sometimes make us feel:



Disappointed



Frustrated



Angry



Upset

## How is Resilience helpful?

Building up our resilience can help us to:

- cope better when things do not work out as we would like
- keep going when things are not going well





## Becoming Upset

What do you look and feel like when you get upset?

How do you feel afterwards?

What can you do to help yourself when you feel upset?

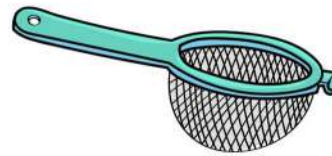
Would it be possible to never be upset?

It's important to know that it is ok to feel upset as this is a normal emotion for us to feel. When feeling this way, our body needs time to express these emotions which could be done through crying which again is ok. However, when feeling this way it is good to look at strategies that may be helpful to boost our mood again.



## Ideas around resilience:

What is the difference between a jug and a sieve?



One lets things through the other keeps them in.

Is it useful to remember everything?

Is it sometimes helpful to let some things pass through?

Is it always a good idea to hold onto upsets or worries?



**Is the jug half empty or half full?**

One person will say it is half empty, another will say it is half full.

What difference does it make whether it is viewed half empty or half full?

How might thinking about the jug as half full or half empty affect your behaviour, thought or your feelings?





## Recognising your Worries

When something is worrying us it can be helpful to check how often it is happening. By recognising patterns we can then start

When?

What happened?

What were you thinking and feeling?



## Reflecting on your Day

It is important to reflect on your day to look at the good things that have happened so we do not focus on the bad things only. It also allows us to think about what we can do differently in future.

**What went well today?**

**What was ok?**

**What was not ok?**

**How much of the day was ok or better?**



When things get hard.

When is this?

What do you do?

How do you feel?

What do you think?



## Forming a Plan

Once you are clear about what it is that is upsetting or worrying you, the next stage is to make a plan.

If mistakes are made during an upset, delay taking action and delay making any decisions.

Think about the possibilities.

**What could you do to either prevent or deal with the challenge?**

.....

**What are the positive consequences?**

.....

**What are the negative consequences of an action?**

.....

**Who can help me?**

.....

**Now you can make your plan for when worries happen:**

Step 1: .....

Step 2: .....

Step 3: .....





Here are some strategies to build resilience:

Find your strengths

Problem solving

Positive Talk  
Positive Thinking

Team Work  
Who can help you?

Have a laugh

Find a new hobby

Be organised

Be brave

Make new friends

Eat healthy food

Develop coping techniques



## Positive Thinking and Positive Talk

The way we think about situations and talk to ourselves, affects how we approach challenges.

A little voice inside us can say:

I'm no good at.....

I can't.....

I'm useless at.....

I'll never be able to.....



These thoughts can mean that we are defeated before we even begin to try.

It is much more helpful to think:

What do I need to do first?

What will I begin with?

What is my plan?

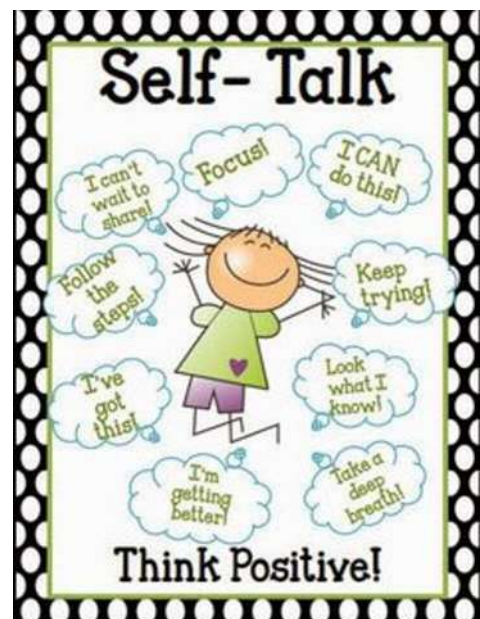
Where do I start?

I'll do one thing at a time and build up.

Who will help me?

Where do I get help?

This is a challenge to work on and I can do it!



Positive thinking and positive self talk can help us to work to overcome challenges and obstacles.



## Calming Strategies

When we feel upset, it is useful to have some ideas to help us while we try and understand the situation we are in.

- Time Out
- Breathing Exercises
- Talk to a friend
- Find a trusted adult
- Relaxing activities
- Distraction or visualisation - think of a safe space
- Body relaxation
- Positive talk
- Keep a feelings diary
- Have a comfort box

