

Wellbeing and resilience

Try filling in as many of these as possible:

Something I am good at:

Something that helps me
feel happy or relaxed:

Someone in my life that
makes me feel happy:



A place that makes me feel
happy:

Something that helps me
feel supported:

Something I am proud of:

Something helpful I do to
help myself cope when
times are tough:

Reflection:

How did doing this make
me feel?

How can I use what I have
learnt to help me be more
resilient?