

Resilience

Key Stage 1+2

Time: 60 mins

Objective:

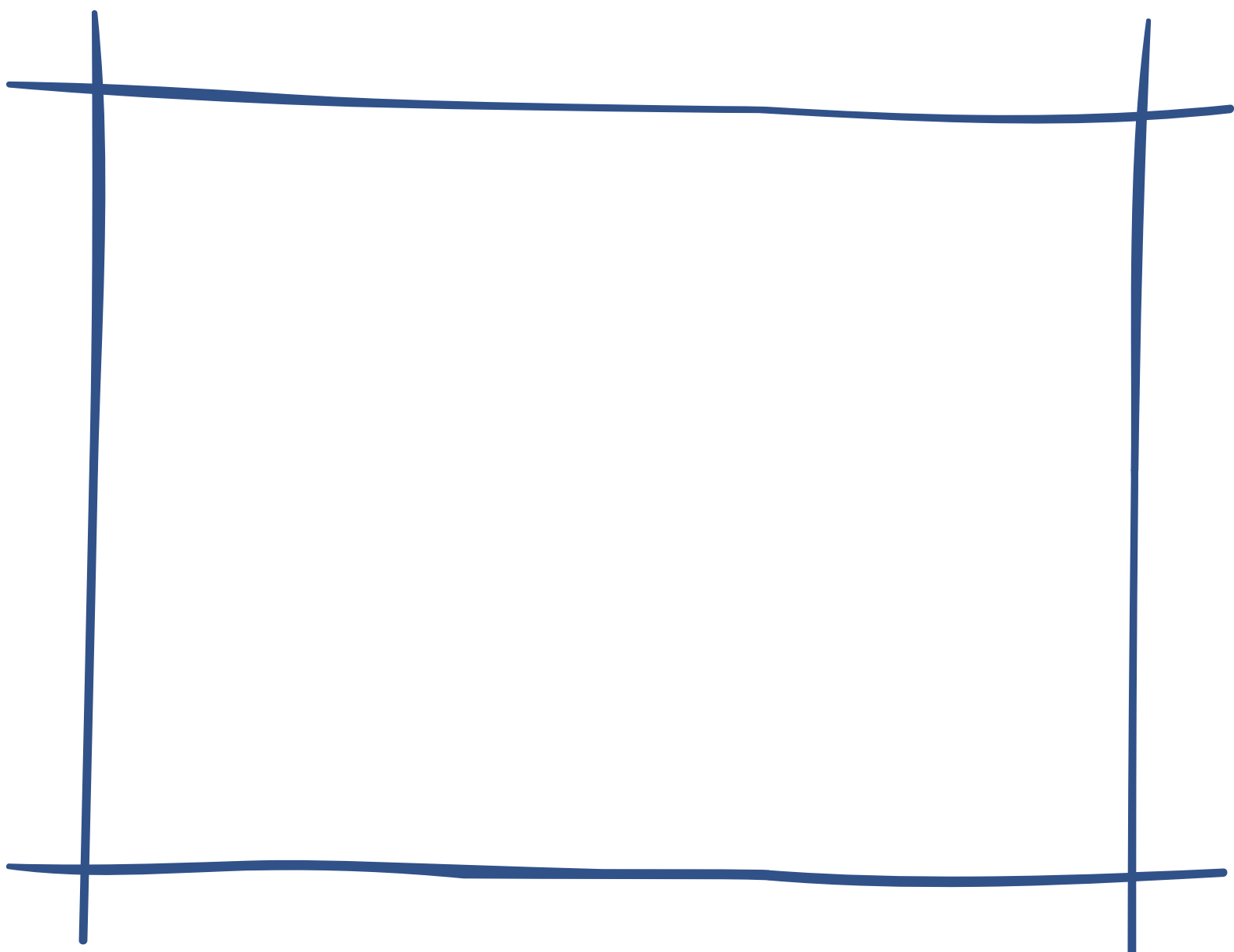
To define resilience, what it means to be resilient for children and young people and how we can develop it.



Activity One - Where I feel safe and who supports me

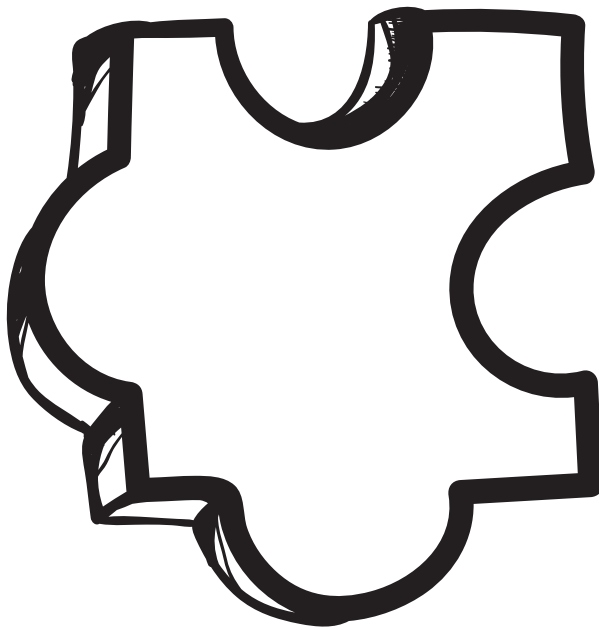
- Draw around your own hand
- In the middle write down the places you feel safe
- On each finger write down the names of people with whom you feel safe. Think about: who makes you laugh, who listens to you, who helps you learn etc.

How do you feel now having looked at where you feel safe and how you feel supported?

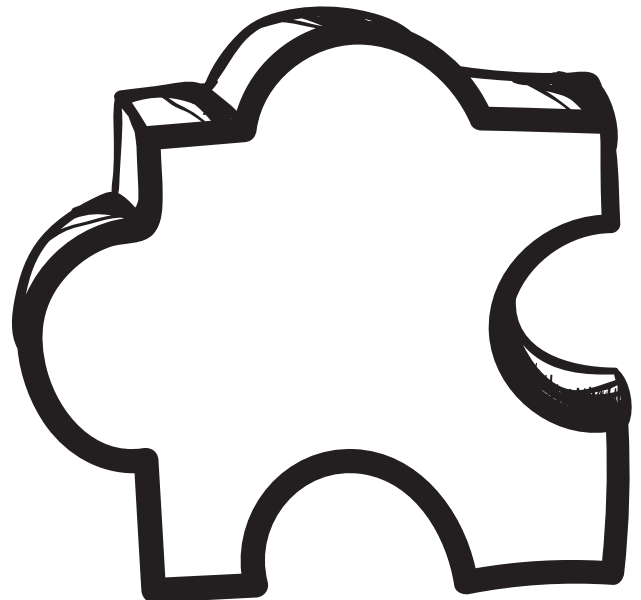


Activity Two - How many positives can you think of?

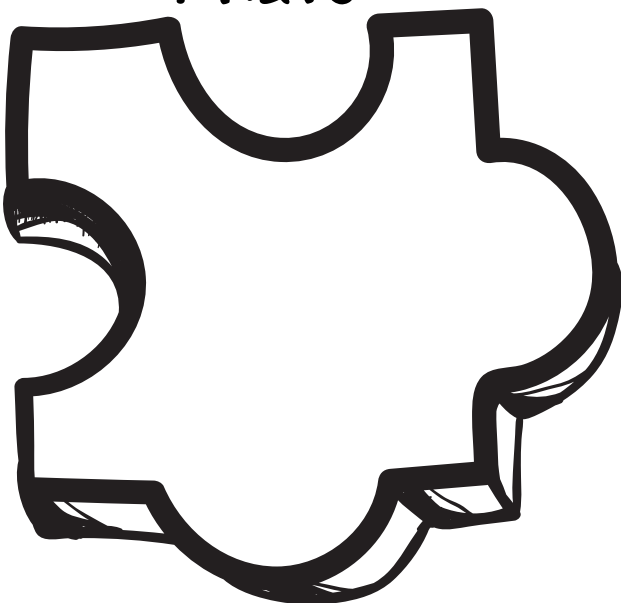
I am



I can



I have



Activity Three - Goal setting

I would like to get better at

.....

and will spend 10 minutes a day on this goal.

Signed.....

10 Minutes

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10 Minutes

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10 Minutes

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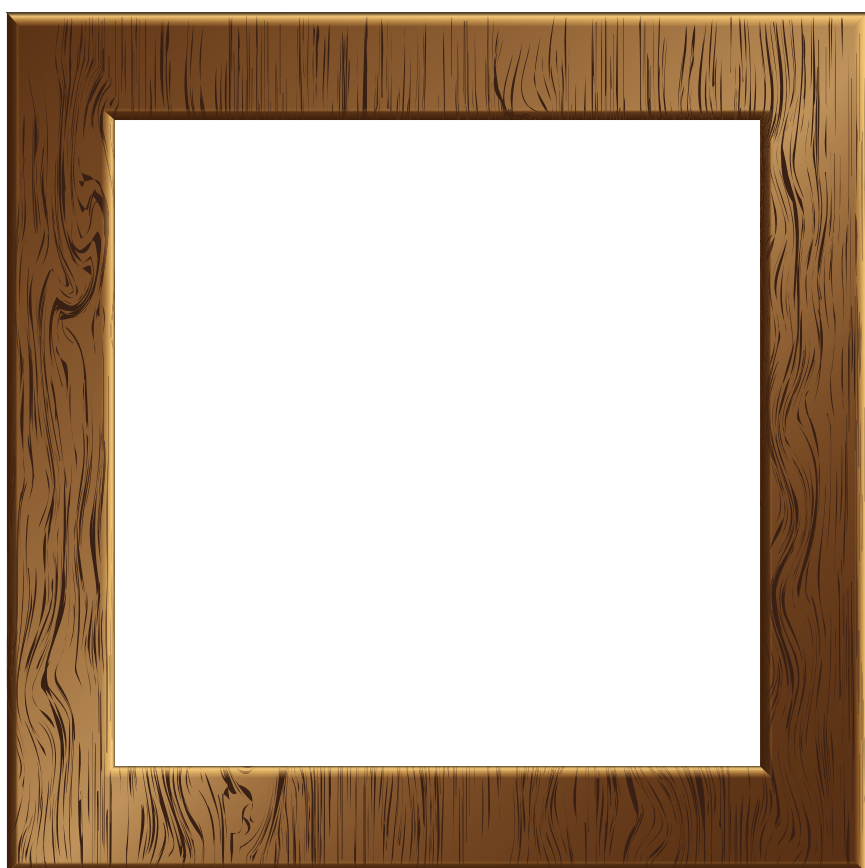
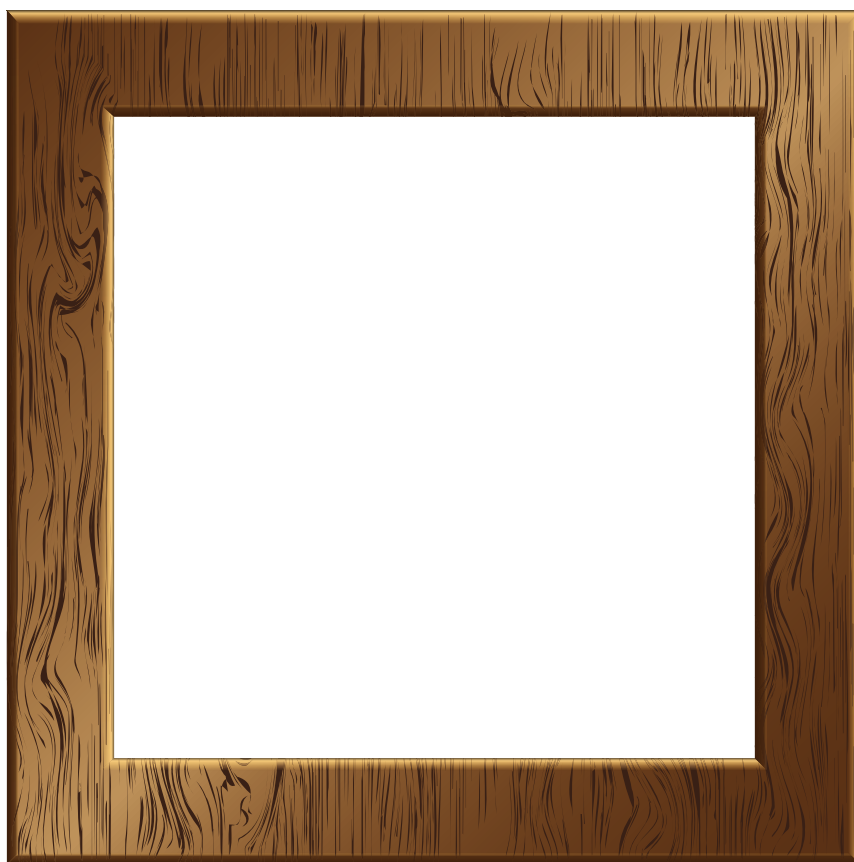
10 minutes

☐



How do you feel after doing this activity for a total of 100 minutes?

Activity Four - Draw a

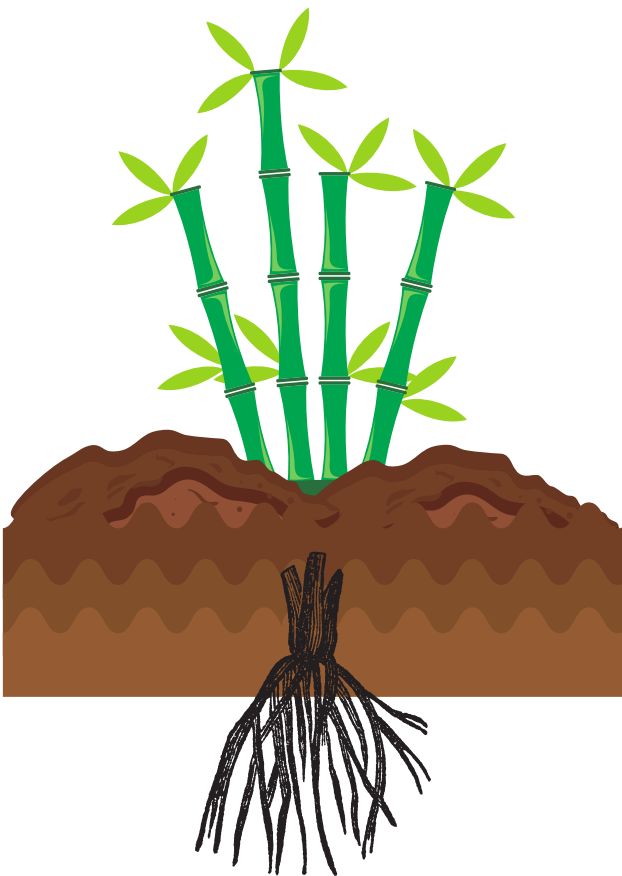


Activity Five - Be like bamboo

Set your intention now:

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"I will help myself achieve this by:



Thank you for completing the Key Stage
1+2 webinar workbook on resilience

See [https://cwmind.org.uk/information-
centre-for-young-people/](https://cwmind.org.uk/information-centre-for-young-people/)