# Your Resilience Resource

Cornwall Educational Psychology Service

2020



A resource for you to dip in and out of as you wish to build resilience and help to feel happy.

**Cornwall Educational Psychology Service**

CORNWALL COUNCIL
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Together for Families

# Welcome to your Resilience Pack

Welcome to your resilience pack.

Resilience is a key factor that helps us as people to get through times that are tough and to recover from any setbacks.

What this resource aims to do is to provide some activities that you can keep in your 'tool kit' to support your resiliency, not just when you are finding things tough, but as part of your everyday life.

You can choose activities that feel right for you and when you feel you want to use them.

There are activities that you can use as a one off or that you can choose to work into your daily life.  You might even want to share some with your family and friends.

Not every activity will be right for you, so take the time to browse through and try whatever takes your fancy.

We hope you have fun using this resource and that you find some activities that work for you.



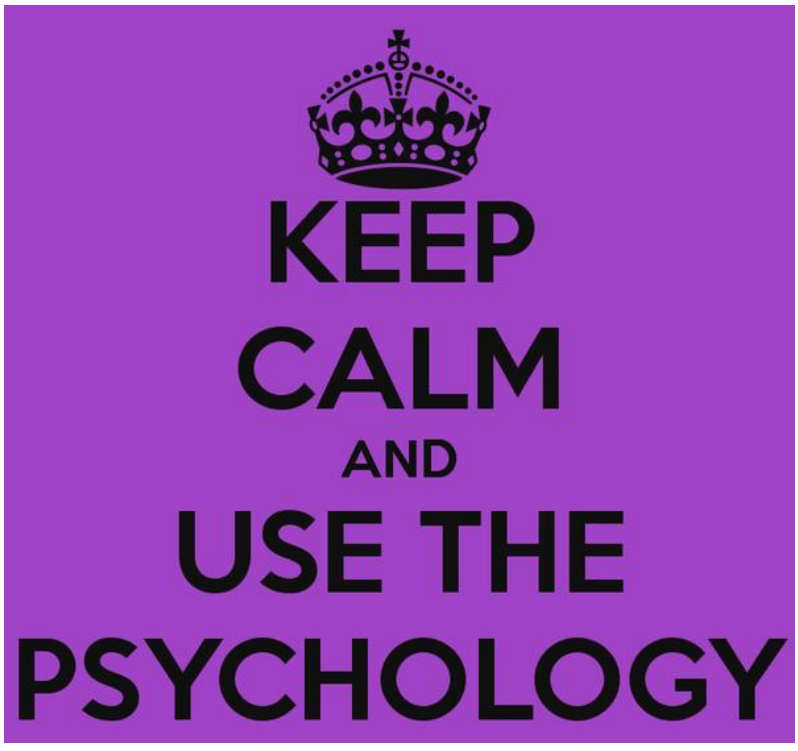
# Calm Box

## What would you put in yours?

Make a list of items, take it home and make one to keep in the car

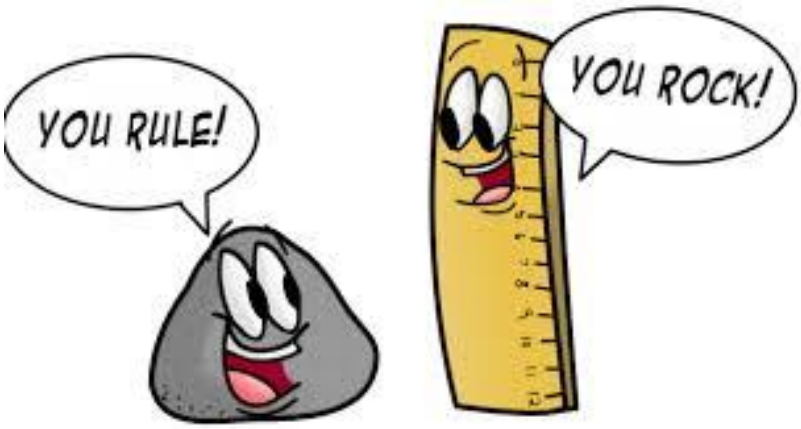
Ideas of what you could include:

- A picture or photograph that you like to look at
- A nice fragrance
- A note pad
- A stress ball
- A soft toy or soft piece of fabric



# Give a someone in your family a compliment!

Choose a family or friend; write down something great about them and leave it somewhere for them to find. This comes from **Positive Psychology**.



# Keeping Hopeful

Keep hopeful and positive by focussing on what went well (**www**). This strategy helps us to counter our inbuilt negative bias – our tendency to focus on the negative. Ask yourself the **www** questions and ask others in your support system.

**What went well this year?**

**What went well this term?**

**What went well today?**



# RELAX! Make a Play Doh Model

## Take time to:

- Make a model of a happy time, someone that makes you happy

  Or

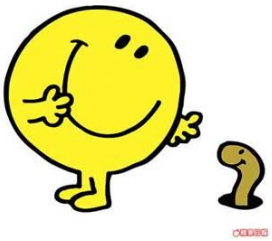
- Roll, squeeze and push the playdough into any shape you like



# Positive Thoughts About Yourself

**We all have personal strengths and qualities and it is important that we take the time to acknowledge them. It's also important to keep in mind positive memories and to take the time to consciously think of these. Fill in the incomplete sentences below and keep this piece of paper in your diary where you can read it when you want to.**

(Intervention Tool Box - Rob Long, 2008).



One thing I like about myself is……

I look forward to……

I feel good about……..

Something I do very well is…….

I know I can……..

One of my best qualities is……

People like it when I……

A recent success was when I…….

My favourite holiday was……..

People can rely on me to……

A recent difficulty I overcame was……

A favourite memory I have is……

I feel good when……..

I am at my best when…….

A skill I have recently learned is……

# Something You're Proud of

Write down something that you've done that you've been really proud of this term. It doesn't matter how large or small! Better still buy a notebook and write the compliments you receive from other people in it. When you aren't feeling good, take time to look through these compliments. We always remember the negative comments we receive rather than the positive comments. This comes from **Positive Psychology**.


i am
so
proud
OF me

# Salt/Sand Jars

## Get some table salt and some chalks

## Colour the salt with the chalks. Choose colours that best represent how you are feeling today or about a certain situation



# A Promise to Yourself

**Please fill out the (legally binding!) contract to promise to do one nice thing of your choosing for yourself tonight.**

This may be….

- Watching your favourite programme
- Having a bubble bath
- Going for a walk
- Having your favourite meal for tea
- Listening to your favourite song



# Unfinished Sentences

## Give yourself the opportunity to complete these sentences and think about how you are feeling right now.

I look forward to

I shout

I'm unhappy

I'm scared

I feel bad

I'm shy

I wish

I'm pleased

I get excited

I am happy

I laugh

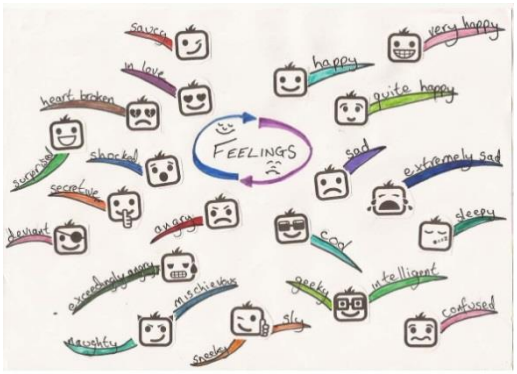
I feel good

I smile

I like

I love

I'm surprised



# Relaxing Art Activities

- Draw your own initials as large as possible and use them to create a picture
- Close your eyes and doodle. Let the pen draw as it wants to, then open your eyes and develop what you've drawn.
- Drop ink or paint blobs on paper, fold in half, then unfold and develop an image.
- Imagine your paint brush or pen is a snake and make marks as if it was sliding across the paper. Repeat for other creatures that come into your mind.
- Fill a piece of paper with as many colours as possible, as quickly as possible.
- Take a line for a walk using dashes, zigzags, bubbles etc.
- Try making an image with opposite hand that you usually use.
- Let your right hand choose a colour and then your left hand. Close your eyes and draw with both hands and colours together.



# Postcards

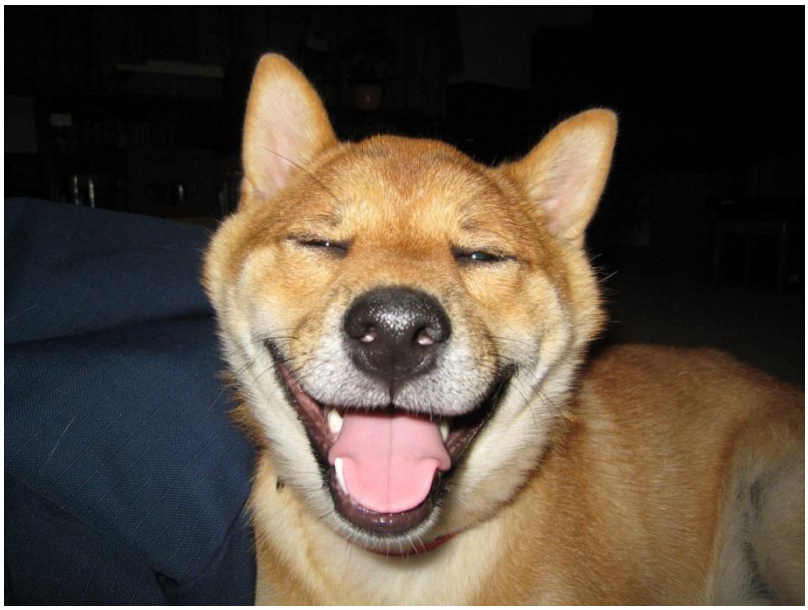
**Choose a postcard that makes you smile that you can stick on your diary or anywhere that you can see it daily.**











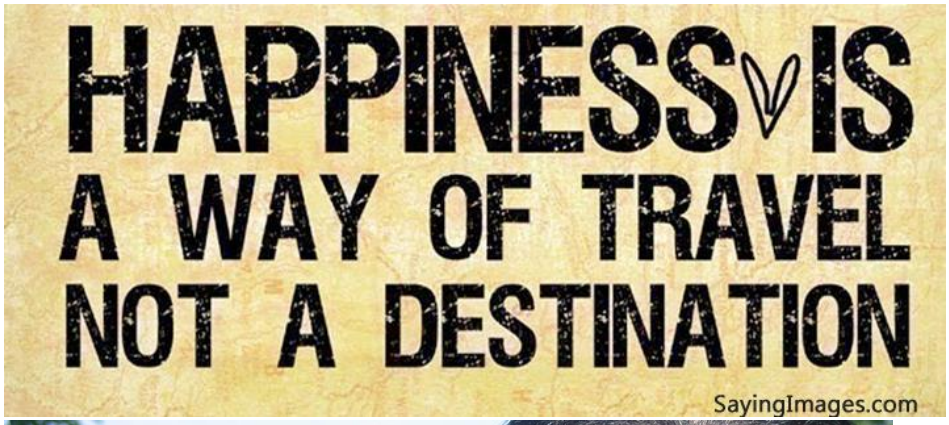




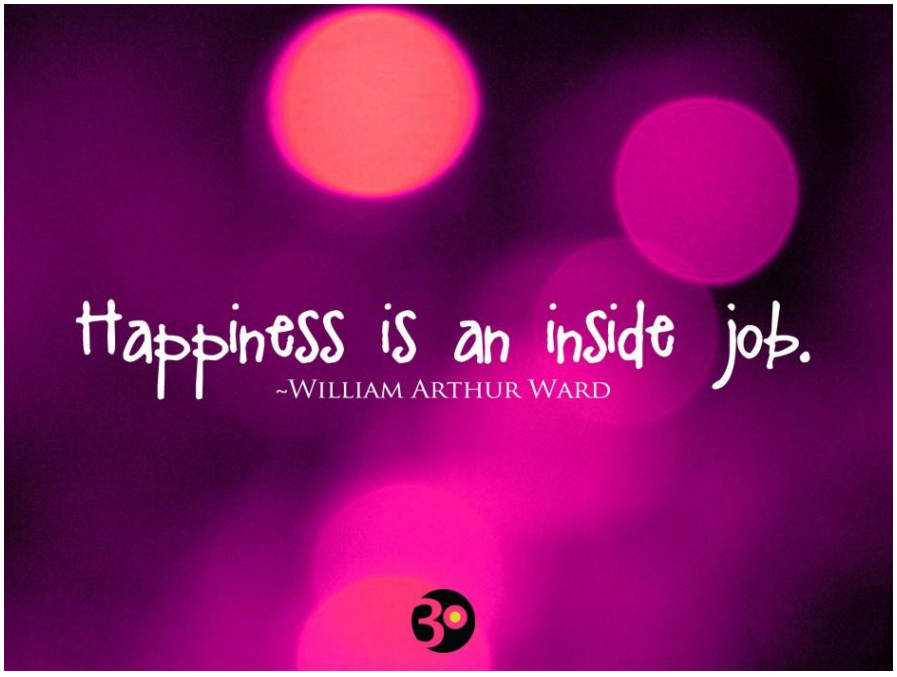

Gone to my
happy place.
Not coming back
~Me



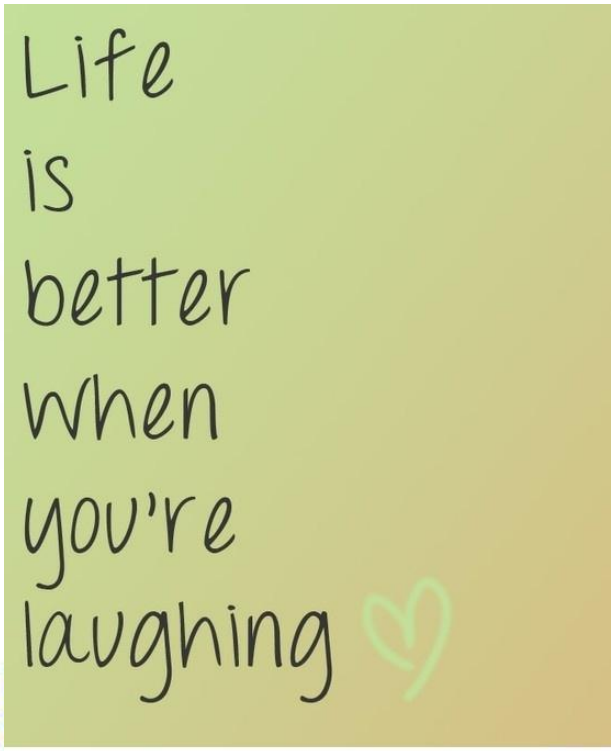


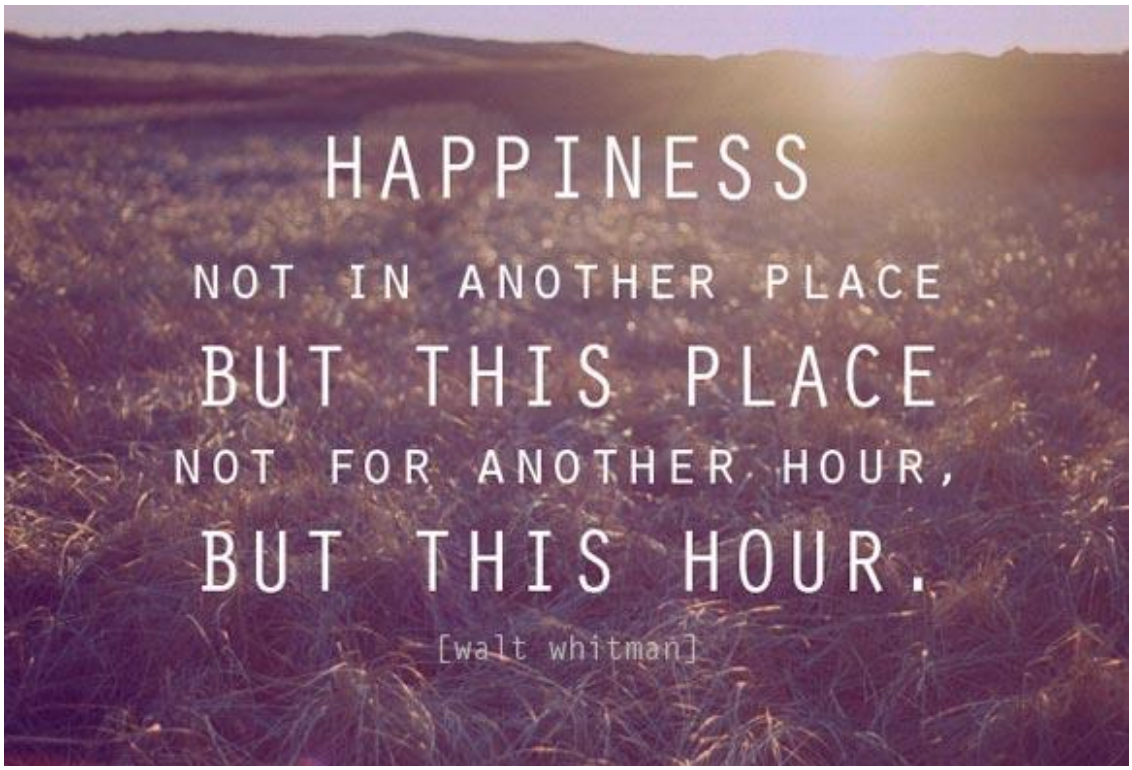

HAPPINESS IS
A WAY OF TRAVEL
NOT A DESTINATION
SayingImages.com




Happiness is an inside job.
~William Arthur Ward


Be so HAPPY that when others see you, they become HAPPY too!
Kid's Creative Chaos


Life
is
better
when
you're
laughing

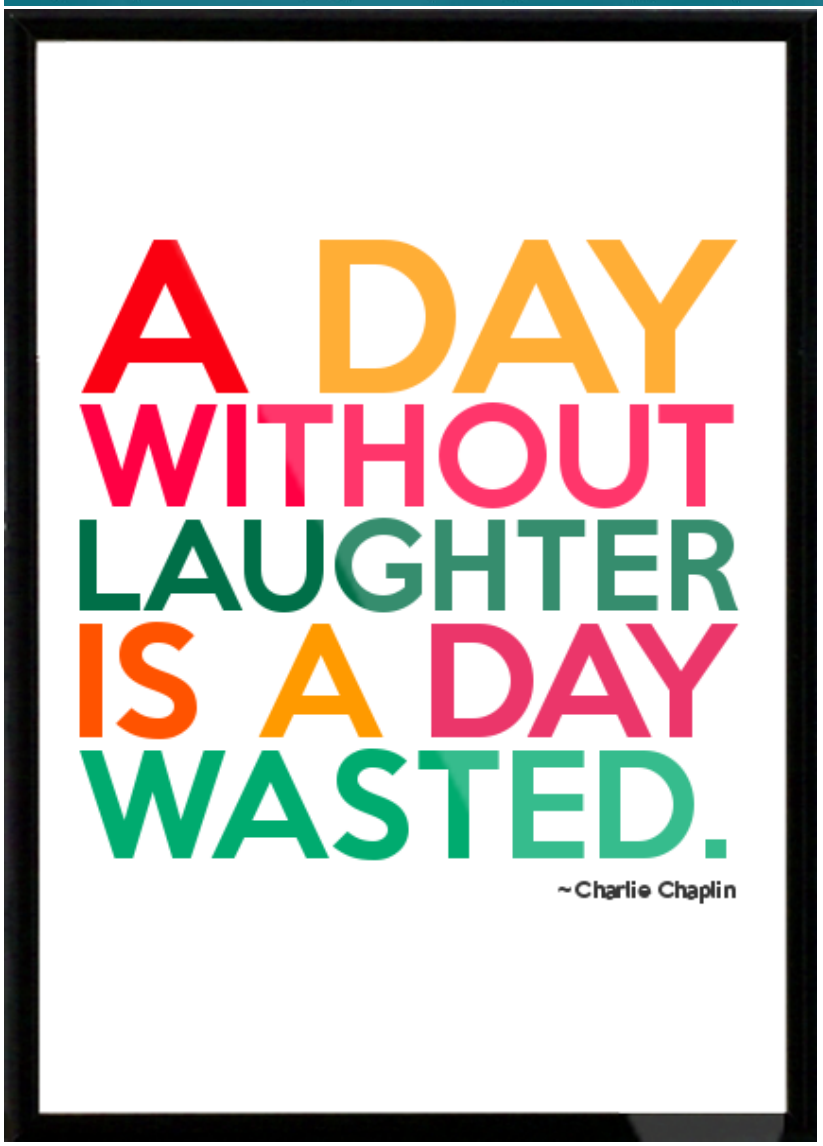

HAPPINESS
NOT IN ANOTHER PLACE
BUT THIS PLACE
NOT FOR ANOTHER HOUR,
BUT THIS HOUR.
[walt whitman]





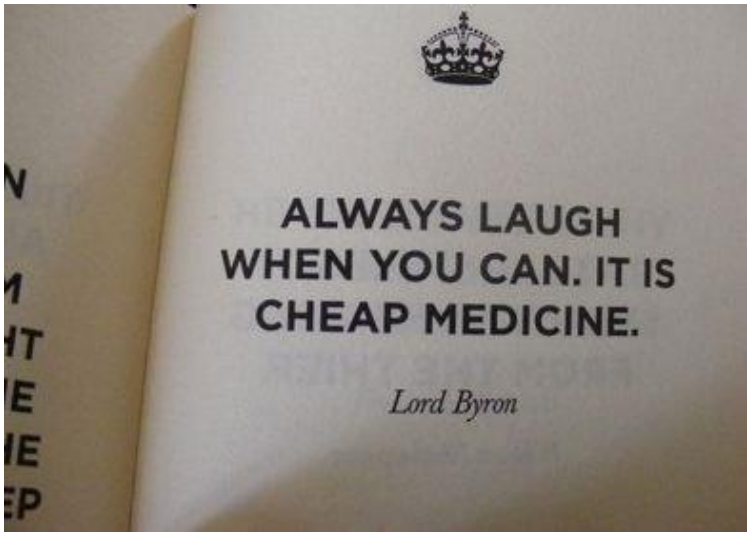

KEEP
CALM
AND
BE
AWESOME


No act of kindness,
no matter how small,
is ever wasted.
Aesop
The Life Coach & Spirit Channel: YouTube.com/user/GitteFalkenberg - Weekly quotes: Twitter.com/GitteFalkenberg
@GitteFalkenberg


A DAY
WITHOUT
LAUGHTER
IS A DAY
WASTED.
~Charlie Chaplin



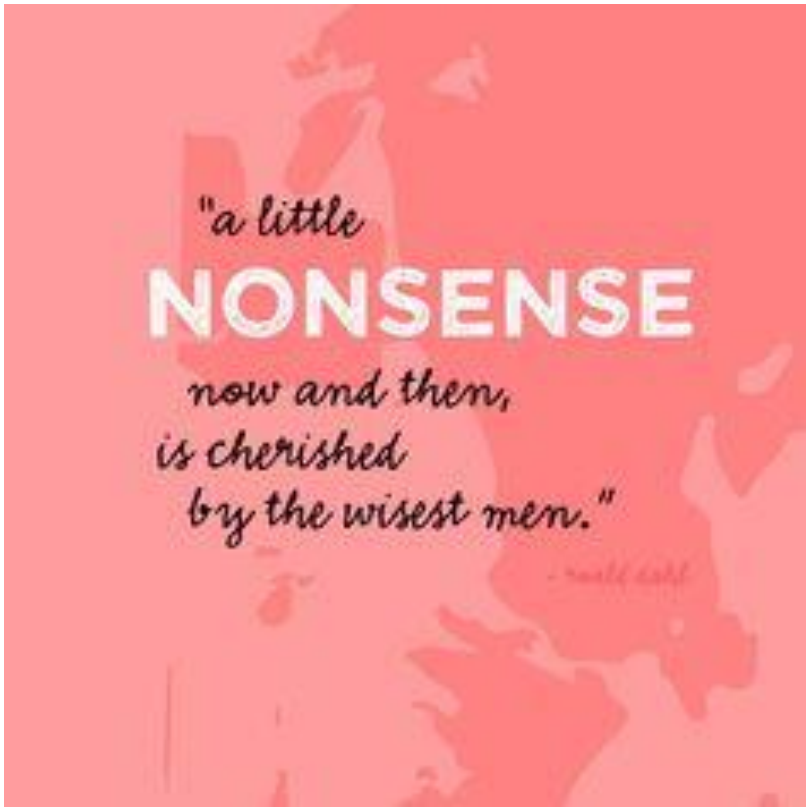

make someone's day.


ALWAYS LAUGH
WHEN YOU CAN. IT IS
CHEAP MEDICINE.
Lord Byron


ONE KIND WORD
can change
someone's
entire day
The Golden Rule


THOSE WHO
DON'T believe
in magic
WILL
NEVER FIND IT.
-Roald Dahl


IF YOU HAVE
GOOD THOUGHTS
THEY WILL SHINE
OUT OF YOUR FACE
LIKE SUNBEAMS
AND YOU WILL ALWAYS
LOOK LOVELY
-ROALD DAHL


"a little
NONSENSE
now and then,
is cherished
by the wisest men."

