

RESILIENCE TOOLKIT

TOP 10 TIPS FOR RESILIENCE

- R** **Remain Positive** Look towards the future, think of what you want from life.
- E** **Establish Realistic & Achievable Goals** This helps give you focus.
- S** **Strategies** Plan your coping strategies. Don't be afraid to ask for help.
- I** **Identify** Identify your strengths and be confident in yourself.
- L** **Learn from Experience** Learn from experience and move on.
- I** **Introduce** Introduce a positive way of thinking. Focus on the good things in your life.
- E** **Enjoy** Make time to do the things you enjoy.
- N** **Needs** Take care of yourself. Keep healthy and fit.
- C** **Connect** Build healthy relationships with your family, friends and teachers.
- E** **Embrace Change** Don't dwell on the past. Put your energy into the present to shape your future.

POSITIVE FOOTBALLS/FLOWERS (30MINS-1HR)

Lesson

Letter I	Introduce a positive way of thinking. Focus on the good things in your life.
HWB Organiser	Mental, emotional, social and physical wellbeing.
Experiences and Outcomes	HWB 3-05a/4-05a I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.
Learning Intentions	I can identify the positive things about my self and list them. I can be supportive of my peers and identify positive things about them.
Resources	Football or flower worksheets (print enough copies of petals for everyone in the class/group).

Activities

I can identify the positive things in my life and list them

Individual Activity: At the beginning of the lesson/session provide each young person with a worksheet with a blank football/flower on it. Encourage the young people to think about positive things about themselves. Encourage the young people to write one positive thing on each hexagon/petal. The young people should be encouraged to glue all their hexagons/petals on to the football/flower, which will create the positive football/flower.

I can be supportive of my peers and identify positive things about them

Group Activity: It is suggested that young people go into groups not bigger than 8.

Step one: Each person is given a piece of paper with a circle in the centre.

Step two: Everyone is instructed to write their name (any way they wish), whilst being handed hexagons/petal.

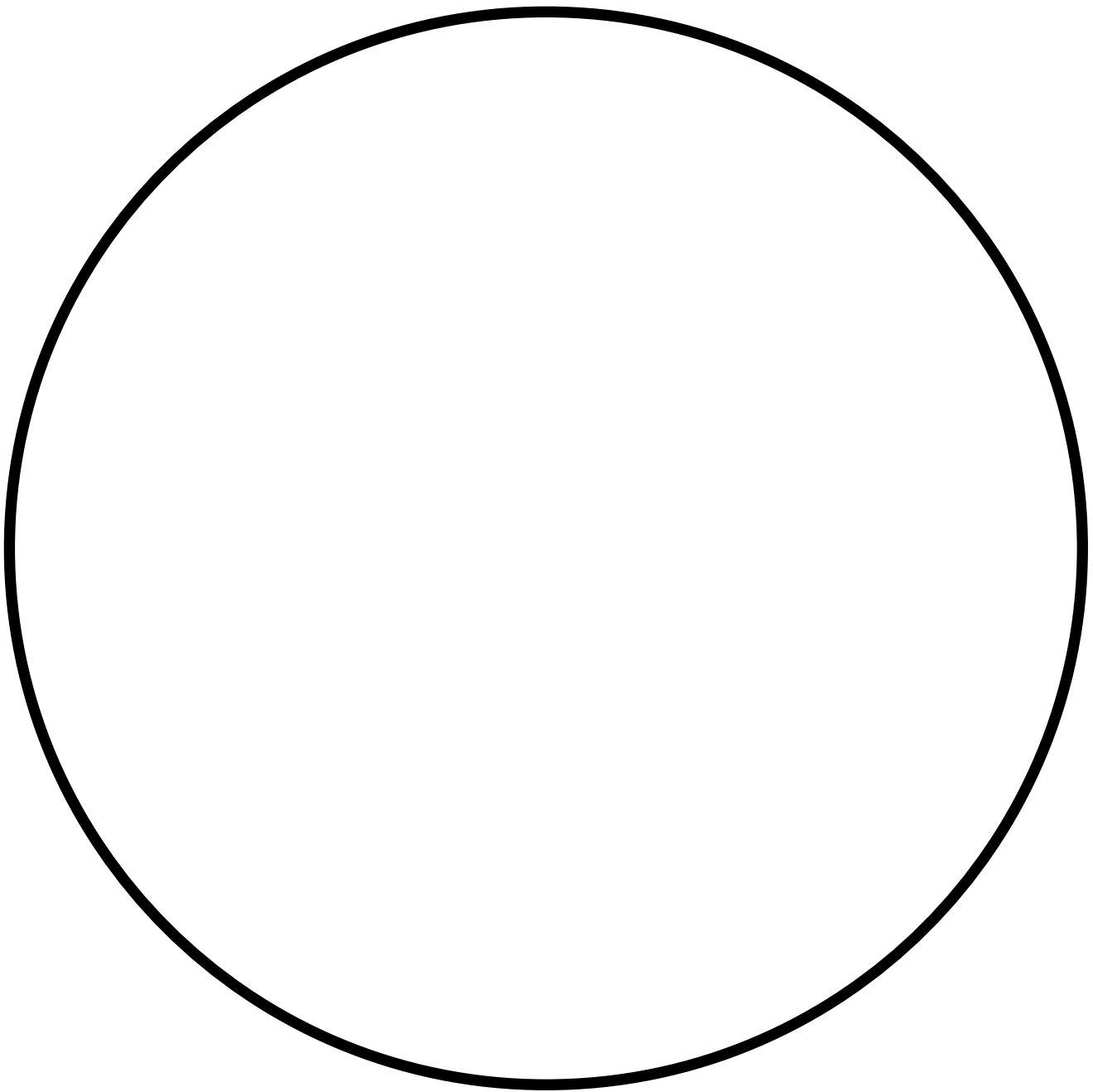
Step three: One by one each member of the group will have one 'hexagon/petal' from everyone else within the group containing something positive they have written about them. Hexagons/petal can only be positive thoughts about another person.

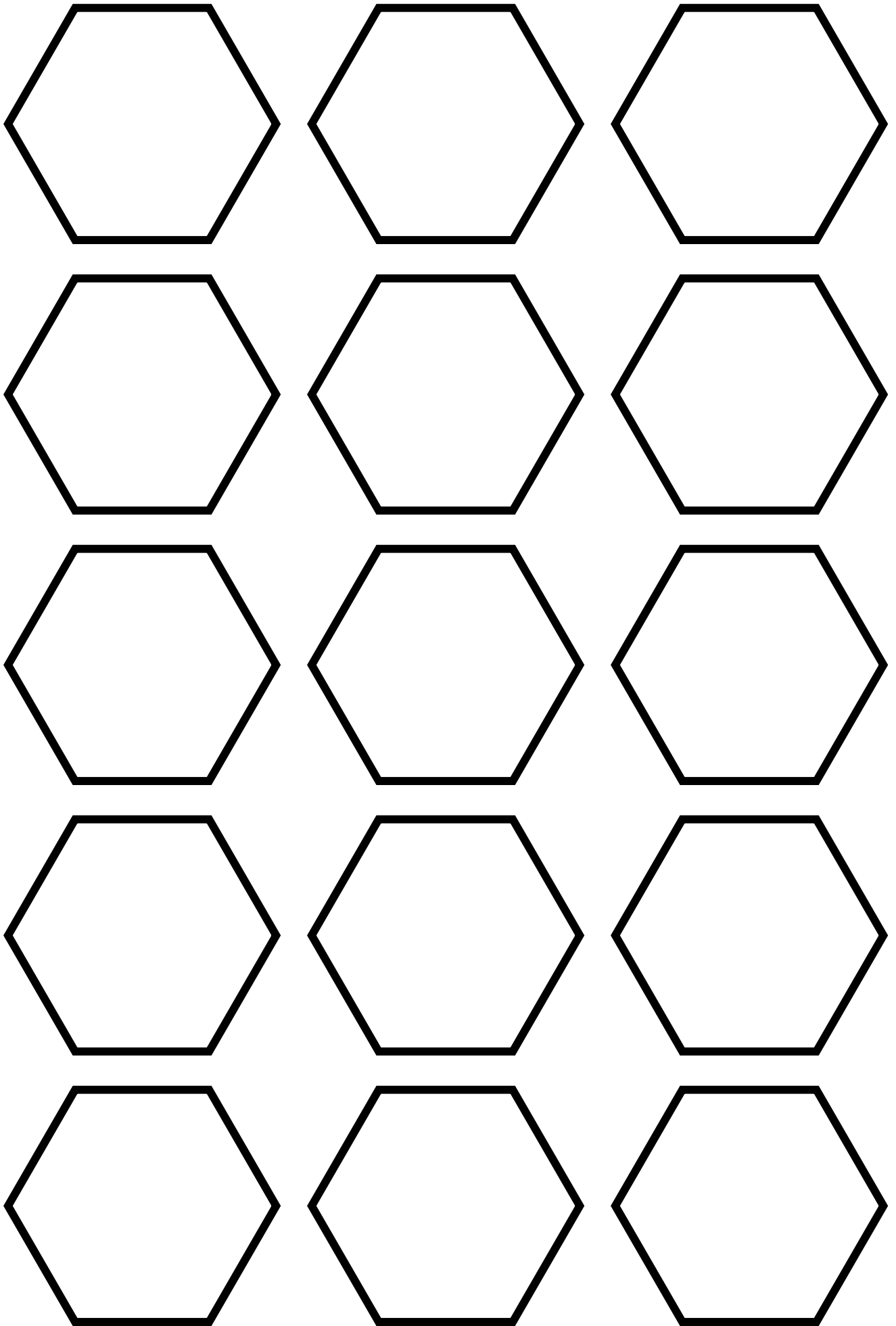
Step four: Each member of the group will glue their petals around their name circle to create their own 'Positive Football/Flower'.

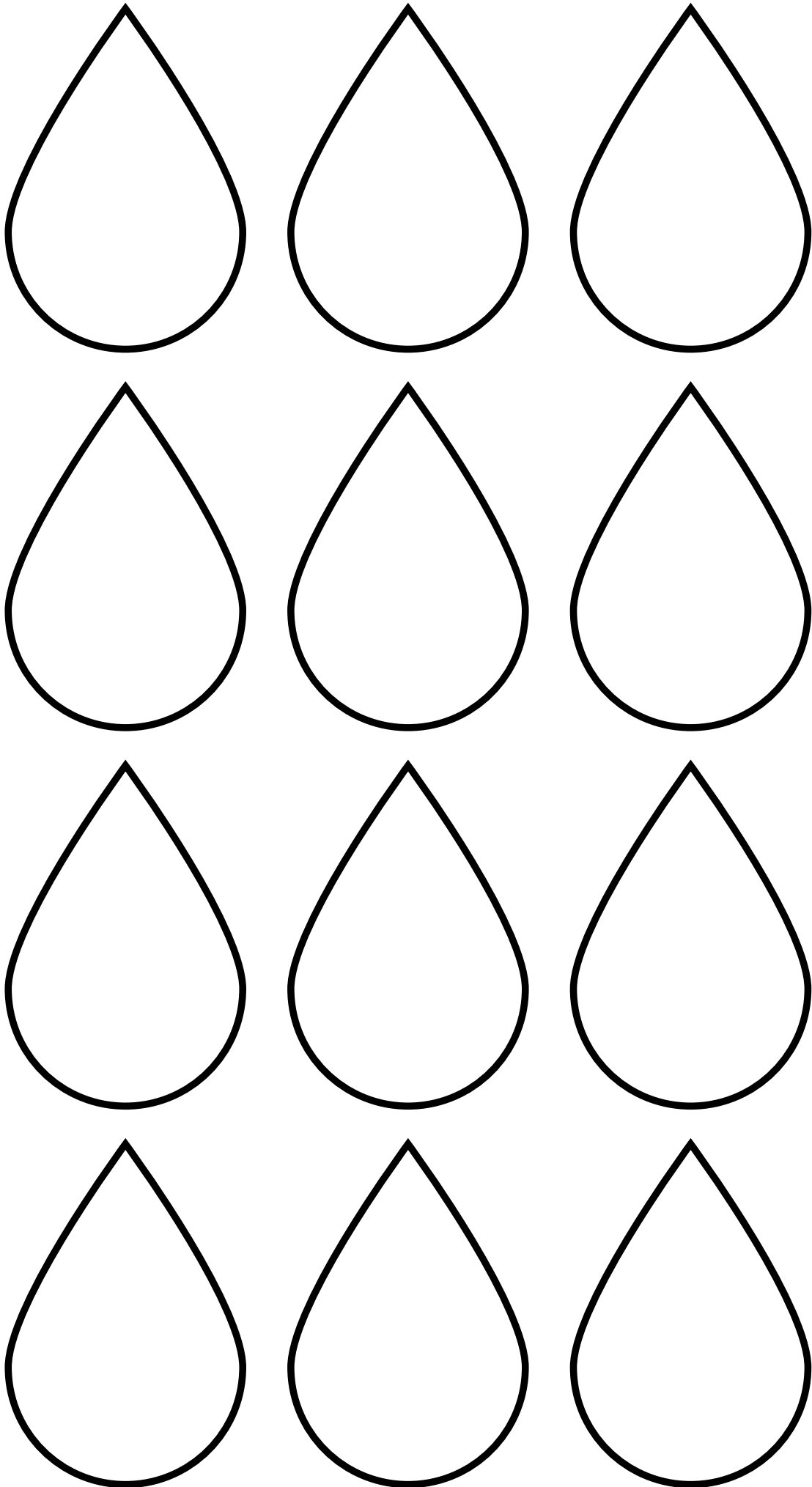
Step five: Everyone's 'Positive Football/Flower' is displayed on the wall for the rest of the session. These can be taken home at the end of the session.

Evaluation: Use evaluation sheet provided at the back of the pack.

Key session message: The importance of focusing on the positives to develop our confidence and self-esteem.







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PART OF HEALTH PROMOTING YOUTH ORGANISATIONS

