



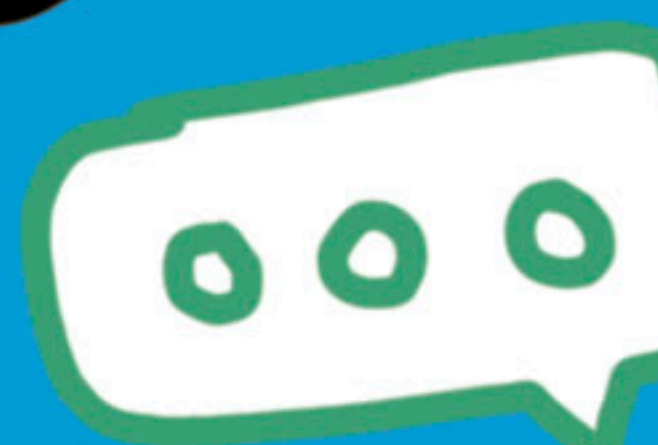
BE

RESILIENT!

AN ACTIVITY BOOK FOR YOUNG PEOPLE WHO WANT TO SPRING BACK FROM CHALLENGES



WRITTEN BY  
DR SHARIE  
CHILD & FAMILY PSYCHOTHERAPIST



# BE RESILIENT!

AN ACTIVITY BOOK FOR YOUNG PEOPLE  
WHO WANT TO SPRING BACK FROM CHALLENGES





A STUDIO PRESS BOOK

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Written by Dr Sharie  
Illustrated by Katie Abey  
Edited by Ellie Rose and Frankie Jones  
Designed by Rob Ward

FSC DUMMY

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# BE RESILIENT!

THIS BOOK BELONGS TO



## WELCOME TO BE RESILIENT!

Author  
**DR SHARIE**  
Child and Family Psychotherapist

We all need a resilient spring in our step to help us cope with those moments that are big, new, scary or difficult, or following unusual times like the COVID-19 pandemic. That spring means we can choose to keep going and take healthy risks to stretch ourselves, instead of giving up because we're worried about getting something wrong, making a mistake or looking silly.



Doing these activities will help you understand what resilience is, how resilient you already are and how to become even more resilient than you think you can be. You'll learn to recognise and manage your emotions and feelings when things are difficult, so you can keep trying and grow in confidence. You'll discover how to challenge yourself, be fearless in the face of adversity, bounce forwards after a setback and find out who can help you, ensuring you enjoy your life to the full. Use this book by yourself or with a friend or an adult. Feel free to do a page a day or lots of pages all in one go. Once you've completed the first few introductory pages, you can start anywhere in the book and come back to a page as many times as you want. You make the rules!

When worries feel enormous, you might believe nothing will help, but there is always a solution to every problem and nothing's so big that it can't be talked about and sorted out. You're not expected to BE RESILIENT! all by yourself - no-one can be. Show some of these activities to important people in your life to help explain how you feel, if you want to. Talk to an adult you trust at school or ask an adult at home to take you to the doctor if you need more support.

Lots of us need a bit of extra help every now and then, and here are two organisations you can turn to if you're not comfortable talking to people you know. They've helped thousands of children with every kind of problem. They will know how to help you and will never be shocked or angry with you about what you tell them, however bad it feels to you.

## CHILDLINE

Help and advice about a wide range of issues.

Comforts, advises and protects children and young people 24 hours a day and offers free confidential counselling through their helpline, online chat and Ask Sam.

Tel: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)



## YOUNGMINDS

Mental health and wellbeing information, advice and help for all children and young people.

Online information and advice as well as a free, confidential Crisis Messenger text line available 24/7 across the UK.

Text YM to: 85258  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



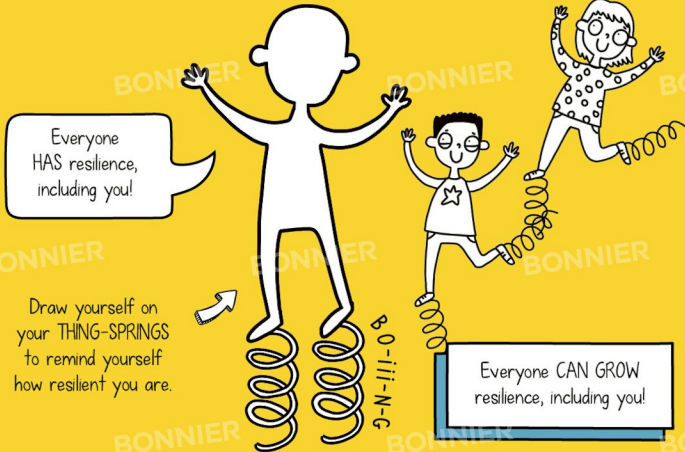
# THING-SPRINGS

## YOU CAN BE RESILIENT!

Since before you were born, you've been learning from all the THINGS that happen to you. Every THING counts, whether it's easy, hard, funny, upsetting, comfortable, challenging, joyful, scary, simple, frustrating – and all the other THINGS, too! These THINGS have already put the SPRING in your step and made you resilient.

Thanks to your experiences, you've grown invisible THING-SPRINGS. With the right care, your THING-SPRINGS will keep you bouncing forwards and give you the confidence to tackle any big, new, scary and difficult THINGS in the future. Without those THINGS to tackle, you'd never find out how amazing you are.

Let's meet your THING-SPRINGS, otherwise known as your resilience!



Resilience helps you cope with the tricky feelings that everyone gets. Just like every muscle in your body, the more you use your resilience, the stronger it grows and the further it stretches. Having strong and stretchy THING-SPRINGS means you won't give up too easily or miss out on fun, excitement and happiness.

Often, you learn most from the THINGS that go wrong or feel a bit too tricky at first. They supercharge your THING-SPRINGS!

List some THINGS you've experienced that have already helped to grow your THING-SPRINGS. They can be good THINGS or difficult THINGS.



The activities in this book will help to take good care of your THING-SPRINGS so you can grow, strengthen and stretch your resilience and build up your confidence. They'll encourage you to BE RESILIENT! and KEEP GOING, even when the going gets tough. So, let's get going. READY... STEADY... BOUNCE!

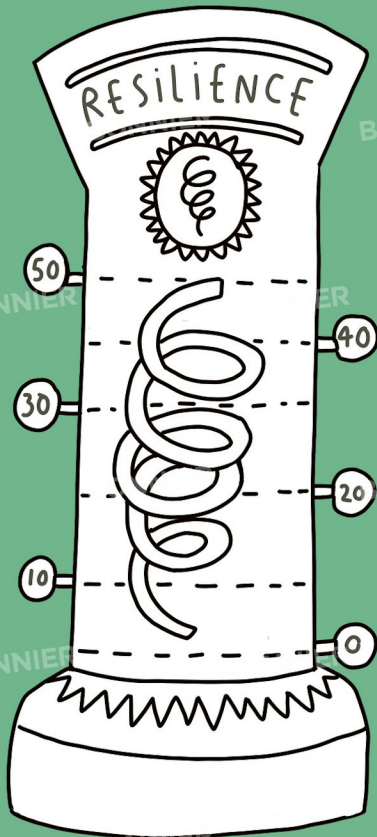
# THING-SPRING- O-METER

HOW MUCH BOUNCE IS IN  
YOUR THING-SPRINGS?

Show how resilient  
you already are on this  
THING-SPRING-O-METER.

Decide how far your THING-SPRINGS  
can stretch when you need to  
do something big, new or a  
bit scary or difficult.

Colour the THING-SPRING-O-METER  
to show how high they'd reach  
right now. This book will show you  
how to get them to stretch  
the rest of the way.



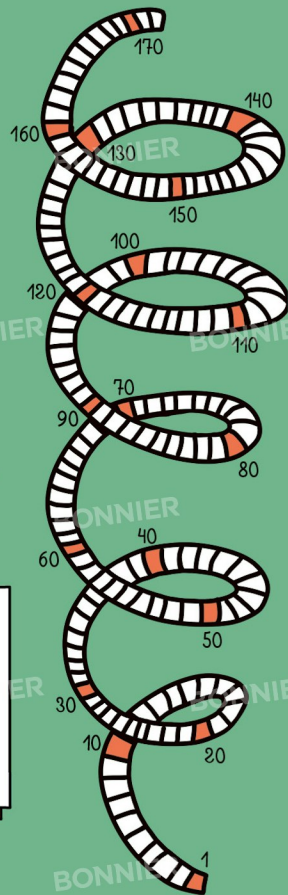
# THING-SPRING STRETCHER

It's time to strengthen and  
stretch your THING-SPRINGS.

Are you ready to collect some  
THING-SPRING points?

Whenever you complete an activity, colour  
and collect the THING-SPRING points on  
the page, then add them to this THING-SPRING  
STRETCHER by colouring in the number of  
points you've earned - see how far you can  
go and become a RESILIENCE SUPERSTAR!

For every THING-SPRING point you earn,  
colour in one section. If an activity's  
worth three THING-SPRING points,  
colour three sections, or if it's worth  
five THING-SPRING points, colour five  
sections, and so on. If you repeat an  
activity, you can collect the points again!



# YOUR HERO TEAM!

Your resilience can't grow super strong and stretchy all by itself. You'll need two teams around you to build the healthiest THING-SPRINGS!

The first is your inner HERO TEAM. Your HERO TEAM have their own superpowers and are all important parts of YOU!

Design a colourful costume for each member of your HERO TEAM. Think about their special qualities and try to build them into your designs.

You'll be seeing a lot more of your HERO TEAM and getting to know all about them and their jobs in the following pages. The activities will train your whole HERO TEAM together, so they'll be ready to spring into action to support you whenever your bounce feels a bit flat.



**HOPE**

Believes that good things are possible



**ENERGY**

Puts effort into making good things happen



**RESILIENCE**

Believes they can overcome challenges and KEEP GOING



**OPTIMISM**

Believes in their own power to succeed

THIS  
ACTIVITY EARNS YOU  
FIVE THING-SPRING  
POINTS



If you are neurodivergent and/or have ADHD, autism or anxiety, it might sometimes feel harder to hear your HERO TEAM at first. Don't worry, you'll soon hear them more easily as you go through this book.

# PICK YOUR OWN SUPPORT SQUAD



You've got your HERO TEAM organised, so let's go ahead and pick your SUPPORT SQUAD.



Everyone needs a SUPPORT SQUAD to grow healthy THING-SPRINGS.

## TOP TIP

Pick your SUPPORT SQUAD members from your home, family, school, clubs, community and organisations you belong to. Include people and pets and at least one of your favourite toys. Pick team members who are brilliant at listening, encouraging, being funny, reassuring, challenging, cheering or comforting you.

THIS  
ACTIVITY EARNS YOU  
FIVE THING-SPRING  
POINTS



Sometimes your resilience gets stretched as far as it can go for now, and that's when you need to ask an adult for help. It can take a little time for you to feel the spring in your step again but it's still there and will bounce back with support.

Complete this set of SQUAD CARDS to remind you who can support you as you grow your resilience. Draw their portraits and add their important information onto the cards.

NAME \_\_\_\_\_ RESILIENCE \_\_\_\_\_  
POSITION FRIEND \_\_\_\_\_  
FAVOURITE NUMBER 1 \_\_\_\_\_  
IS BRILLIANT AT HELPING ME TO BE RESILIENT \_\_\_\_\_

NAME \_\_\_\_\_  
POSITION \_\_\_\_\_  
FAVOURITE NUMBER \_\_\_\_\_  
IS BRILLIANT AT \_\_\_\_\_

NAME \_\_\_\_\_  
POSITION \_\_\_\_\_  
FAVOURITE NUMBER \_\_\_\_\_  
IS BRILLIANT AT \_\_\_\_\_

NAME \_\_\_\_\_  
POSITION \_\_\_\_\_  
FAVOURITE NUMBER \_\_\_\_\_  
IS BRILLIANT AT \_\_\_\_\_

NAME \_\_\_\_\_  
POSITION \_\_\_\_\_  
FAVOURITE NUMBER \_\_\_\_\_  
IS BRILLIANT AT \_\_\_\_\_

NAME \_\_\_\_\_  
POSITION \_\_\_\_\_  
FAVOURITE NUMBER \_\_\_\_\_  
IS BRILLIANT AT \_\_\_\_\_

Position means who they are to you, such as friend, teacher and so on.

Remember, you don't have to BE RESILIENT! by yourself and it's NOT all your responsibility. Use your SUPPORT SQUAD!

Now you can bounce around all over this book. Have fun - you've got this!

Remember to ask your SUPPORT SQUAD for help to train the whole HERO TEAM together, whenever you need to.



# WHEN THE GOING GETS TOUGH

What happens to you when you do something that feels big, new, scary or difficult?  
Perhaps you feel excited, anxious, stressed, nervous, scared, frustrated or angry?



These are called **EMOTIONS**

You might not always know the name of the emotion you're feeling, but it's important to learn to recognise the sensations you feel in your body and where you feel them.

This is called **INTEROCEPTION**

in-tero-sep-shun

When you can identify your body's sensations, you can **BE RESILIENT!**  
The more you try to recognise your feelings, the easier it becomes to manage and confront them.

Think of a fun **THING** you'd like to do that's difficult to face or you're worried about. Write it in this box.

Try out for a team or performance

Ask someone to be my friend

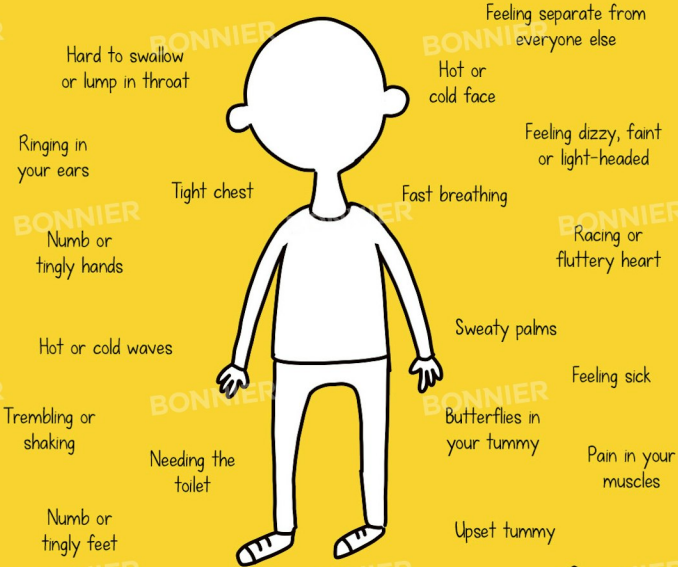
Read to the class

Sing a solo

Take a penalty

Take part in a group activity

Draw yourself using the outline. Now, really imagine yourself confronting that **THING**. Circle any of the feelings you notice and draw an arrow to where you feel them.



Next time you have a challenge to face, come back to this page and go through the activity again to see what body sensations you notice. This will stretch your **THING-SPRINGS** and change how your brain copes with challenges - you'll soon be fearless! You can also come back any time you need to explain to someone what's happening for you.

THIS  
ACTIVITY EARNS YOU  
**THREE THING-SPRING**  
POINTS



# WHAT'S THAT YOU'RE FEELING?

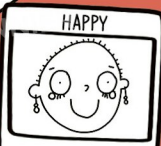
Learning to BE RESILIENT! means coping with big, new, scary and difficult feelings.

You also need to be able to stay focused when you have good feelings and use them to help you achieve your dreams without becoming distracted.

It's helpful to recognise your feelings and accept that you'll have them, because everyone has feelings. When you can BE RESILIENT!, you'll be able to KEEP GOING even when these feelings start climbing up through your mind and body. When they start climbing up, welcome them in and thank them for everything they can teach you about how to BE RESILIENT!



Write or draw what THINGS make you feel these different emotions



# HOPE SPRINGS

Every member of your HERO TEAM has an important job.

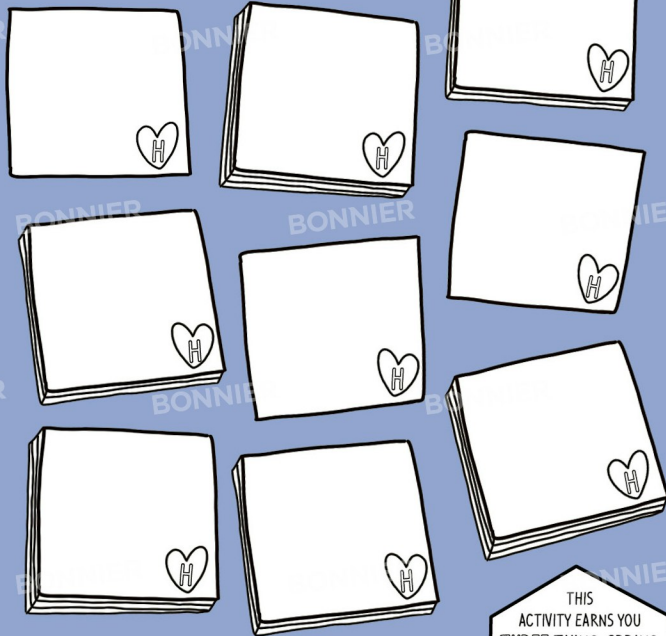
Meet HOPE. HOPE believes that good things are possible.



COLOUR  
HOPE IN

Think about Hope's special qualities and update your earlier costume design in this picture. What good things do you believe are possible?

Write your hopes for yourself, others and the world on these sticky notes.



THIS  
ACTIVITY EARNS YOU  
THREE THING-SPRING  
POINTS



Keep coming back until you've filled all these sticky notes in, then add more if you like!

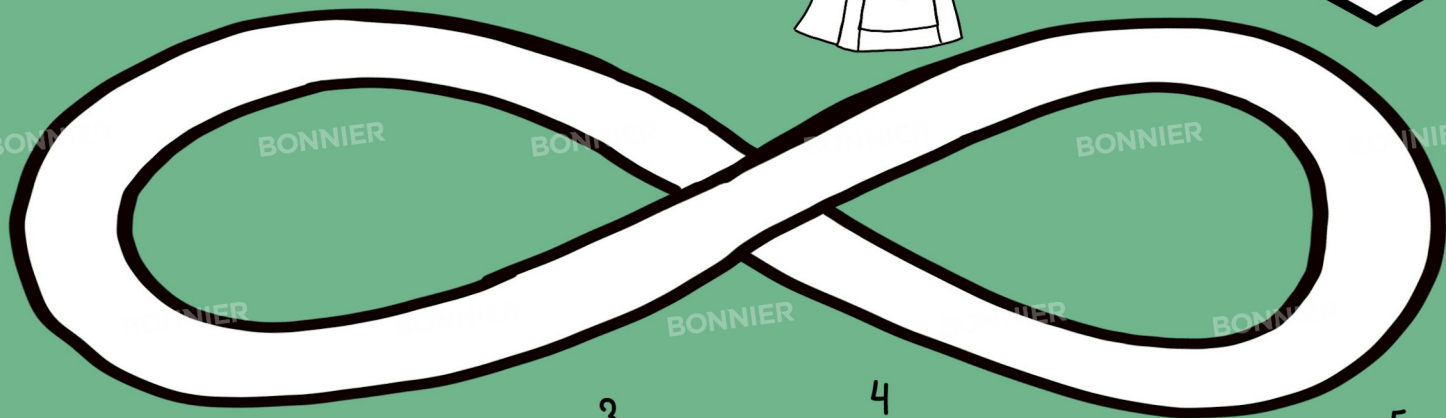
# INFINITE GOOD THINGS

Every member of your  
HERO TEAM  
has an important job.



Why not tell someone from your  
SUPPORT SQUAD all about one  
of your hopes, if you'd like?

THIS  
ACTIVITY EARNS YOU  
TWO THING-SPRING  
POINTS



1

Trace your finger over the symbol, starting anywhere you like and move it smoothly to complete a sideways figure of eight pattern.

2

Keep tracing and breathe in for one complete pattern until you get back to your start point, and then breathe out for the next full pattern.

3

KEEP GOING, following your finger with your eyes as it traces the symbol.

4

Keep tracing, breathing and following your finger around the infinity symbol. Spend as long as you want doing this.

5

Now, pick one of your hopes and imagine yourself doing it in a mind movie. Keep tracing, breathing and following your finger if you can, otherwise just concentrate on your breathing and mind movie. Go into a lot of detail and as you feel yourself achieving those amazing things, notice what you believe about yourself in that moment. Think about who is there watching you and what they'll be feeling. Spend as long as you want doing this.

# TO INFINITY AND BEYOND



You can do this activity anywhere outside that's safe. If you can't get outside, why not look out of a closed window?

Go outside, look up above you and see what you can see. Look at the trees, tall buildings, aeroplanes, clouds, stars, birds, or at whatever is there.

## SAFETY WARNING

Never look directly at the sun! Always make sure an adult knows where you are and that you are in a safe place.

If your symbol is huge, you might need to breathe in and breathe out once in each pattern. Spend as long as you want thinking about how relaxed you feel in this moment and how wonderful the sky is.

**TOP TIP** You can trace the symbol with your finger if it helps but you can go bigger if you just imagine it.

**KEEP GOING** until you feel really calm and relaxed. Do this activity whenever you need to relax.

Do this activity standing up, sitting down or lying out on the ground.



Now, imagine this infinity symbol is floating up in the sky and start to trace it with your eyes, making it as big as you possibly can. Breathe in for one complete pattern and out for the next and then **KEEP GOING** like this.



Your **THING-SPRINGS** need regular time off to rest, relax and recover.



THIS ACTIVITY EARNS YOU **THREE THING-SPRING POINTS**



## COLOUR THIS IN



# I DESERVE

# GOOD

# THINGS

THIS ACTIVITY EARNS YOU **TWO THING-SPRING POINTS**



# NAME GAME

Your name is a very personal part of who you are. You and your SUPPORT SQUAD deserve some love so let's give it!

Write your name in capital letters in this box, with the letters going down like this

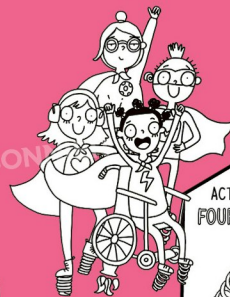
HOPE  
ENERGY  
RESILIENCE  
OPTIMISM

Write a word for each letter that describes your best qualities. Your words can begin with the letter from your name, or you can be really adventurous and include it within a word (you might need to put your capital letters near the middle of the box).



e n E r g y

Give your SUPPORT SQUAD members their own box and write their names in the same way as you did for yours. Add positive words about them using the letters of their names. Don't forget to show them what you think of them!



THIS  
ACTIVITY EARNS YOU  
FOUR THING-SPRING  
POINTS



# GO IT ALONE

Take yourself somewhere cosy, safe and quiet within your home, without any devices or distractions. You could go into the garden, if you have one.

Sit or lie down somewhere comfortable - take a pillow or blanket if you want.



Set a timer for 20 minutes and leave it where you'll be able to hear it. Or you could ask an adult to come and get you when the time's up.

Sit quietly with your own thoughts and focus on breathing calmly. Make your out-breath longer than the in-breath by breathing in for a count of three and out for a count of five.

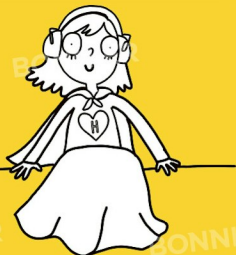
Pay attention to what you can hear, smell, see and touch. Notice what you feel on the inside of you. You could close your eyes if that feels nice. Treat all your thoughts like scenery passing you by from a moving car, bus or train.



When the time's up, thank yourself for your excellent company!

**INTEROCEPTION**

Always tell an adult where you are going and make sure it's OK with them.



THIS  
ACTIVITY EARNS YOU  
TWO THING-SPRING  
POINTS



# WHO ARE YOU?

Everything about you is special and you are so much more than what you can do.

Complete these sentences about yourself.

I'm loved by

.....

I feel good when

.....

I'm good at

.....

I'm proud of myself for

.....

I have great

.....

THIS  
ACTIVITY EARNS YOU  
TWO THING-SPRING  
POINTS



# WELLBEING WALK

Spending time in nature is really good for your brain and body. It slows your heart rate, reduces stress and worries, and helps you to feel connected to something bigger than yourself.

Go for a walk in your local area with an adult or a friend for at least 20 minutes. Take this book with you to remind you what to do, or use a notebook to jot down the instructions. Ask for help from a member of your SUPPORT SQUAD if you need to.

5...

Listen to the sounds you hear. Try to pick out five different sounds. Don't think too much about what they are or where they are coming from. Focus more on how they sound to you and how you feel about the sounds. Some of the sounds might come from you as well. You are part of nature.

4...

Stand still or sit down and look at all the shapes, colours and textures you see around you. Try to pick out four things that are pleasing to you to look at. Let your eyes drift over all the things you can see.

3...

Find three things you can touch. Be careful not to pick up anything dirty, sharp or unsafe and don't pick anything that's growing - leave it for everyone else to enjoy. Maybe you can touch the bark on a tree or a soft blade of grass. Let your fingertips sense the texture of what they're touching.

2...

If you can stop somewhere safe, close your eyes and notice two things you can feel, such as the temperature of the air on your face, the crunch of the leaves under your feet or the fabric of your clothes on your skin. Notice what they all feel like to you and which ones you like best.

1...

Take a deep breath right where you are and find one thing you can smell. You might have to really concentrate to pick out a smell, but give it a go.

When you've completed the sensory part of this activity, just **KEEP GOING** and walk for as long as you fancy.

Always tell an adult where you are going and make sure it's OK with them.

THIS  
ACTIVITY EARNS YOU  
TWELVE THING-SPRING  
POINTS





COLOUR  
THIS IN



THIS  
ACTIVITY EARNS YOU  
TWO THING-SPRING  
POINTS



THINGS CAN  
ALWAYS  
GET BETTER

## HERO STONES

What if you need a reminder  
that your HERO TEAM are right  
behind you all the time?

Make a set of supportive HERO  
stones that you can keep on you  
for just that kind of moment. HERO  
stones have encouraging messages  
on one side, and a HERO initial or  
logo on the other side. Hold them  
in your hands whenever you  
need help to BE RESILIENT!

You can enjoy their edges,  
lumps, bumps and cool comfort  
as you swish them about  
with your fingers.

### INSTRUCTIONS:

- 1 Look in your garden, if you have one, for four smooth, flat stones, or choose from a small bag bought in a garden centre.
- 2 Wash your stones in washing up liquid and warm water, then dry them completely on kitchen paper.
- 3 To decorate them, you can use stickers, cut-out pictures, paint, acrylic paint or permanent markers, as well as sequins, ribbons, gems, feathers and other lovely craft things. PVA glue works well for sticking things to your stones. You could also leave them natural.
- 4 Write your encouraging messages on each stone and keep them in your room at home to remind you whenever you need your HERO TEAM.



THIS  
ACTIVITY EARNS YOU  
FOUR THING-SPRING  
POINTS



# AFFIRMATION NOTIFICATION

Affirmations are supportive words to say aloud to yourself to help you BE RESILIENT!

Take the hard work out of choosing an affirmation by getting an AFFIRMATION NOTIFICATION with these dice. Roll and recite whenever you need a bounce boost.

## YOU WILL NEED:

- Scissors
- Glue or sticky tape
- Coloured pens or pencils

BE CAREFUL USING SCISSORS, ASK AN ADULT FOR HELP.

## INSTRUCTIONS:

- Detach the page opposite by cutting along the dotted line.
- Carefully cut out the shapes or ask someone in your SUPPORT SQUAD to help you.
- Add your own affirmations to the blank sides then decorate each die as you wish.
  - Assemble each die by folding along the dotted lines to make a cube and stick together using the tabs.
- PLAY!

## HOW TO PLAY

- Roll your AFFIRMATION NOTIFICATION dice and read aloud the affirmations they land on. If you have a mirror, look in it when you read the AFFIRMATION NOTIFICATIONS.
- You can play this game alone, with any member of your SUPPORT SQUAD or absolutely anyone you want to invite.
- Why not make another set of these to give to a friend or someone in your SUPPORT SQUAD?

THIS  
ACTIVITY EARNS YOU  
**SIX THING-SPRING**  
POINTS



I AM  
ALONE

I CAN DO  
HARD  
THINGS

I AM  
NOT MY  
MISTAKES

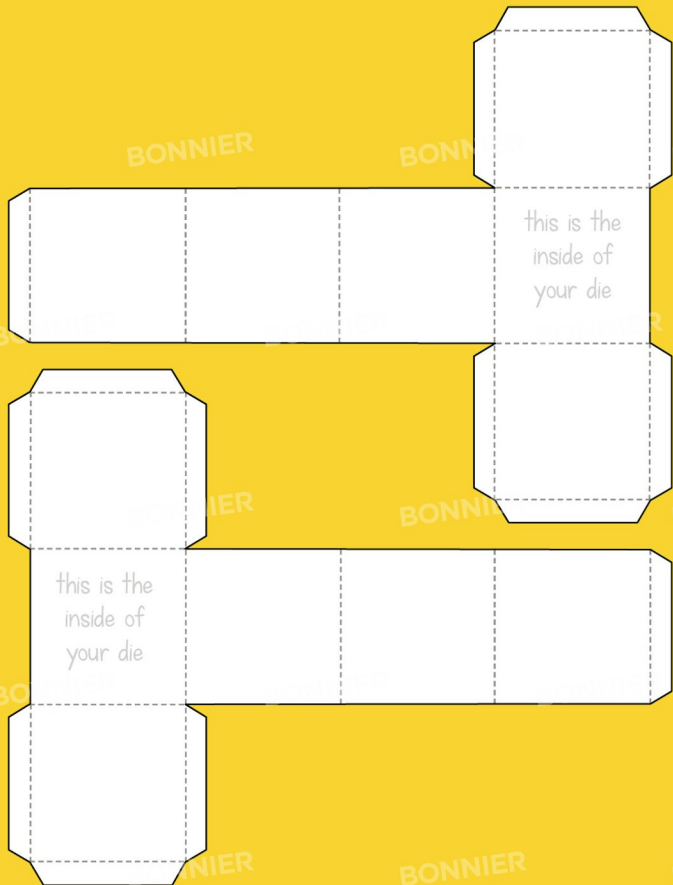
I AM NOT  
WHAT HAS  
HAPPENED  
TO ME

I HAVE  
STRONG  
THING-  
SPRINGS

I CAN  
TRY  
AGAIN

I CAN  
KEEP  
GOING

I AM  
GOOD  
ENOUGH



## TEAM TALK

Grab a cool glass of water and sit down with your SUPPORT SQUAD for a TEAM TALK.

If you can't get all of them together, that's fine - you can carry out this activity with them separately and have even more chances for fun.

### THERE ARE FOUR PARTS TO YOUR TEAM TALK:

- 1 Update the SUPPORT SQUAD on how things are going for you. Include anything big, new, scary or difficult you've achieved.
- 2 Thank your SUPPORT SQUAD for their help - you could make a thank you card to give them at the TEAM TALK, if you want.
- 3 Tell each other the best jokes you know, while patting your head with one hand and rubbing your tummy with the other hand. Take it in turns and KEEP GOING for as long as you can.
- 4 If you'd like to, have a hug with your SUPPORT SQUAD and plan when your next TEAM TALK will be.



THIS  
ACTIVITY EARNS YOU  
THREE THING-SPRING  
POINTS



# TAKE A BREATH

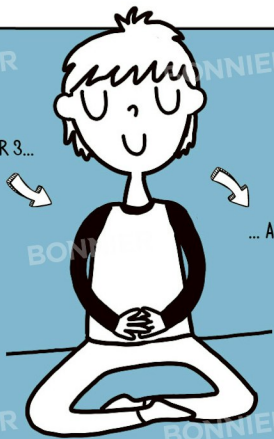
If you can stay in control of your breathing as you face a challenge, your energy goes where it's needed and you can feel confident. Noticing when your breathing gets faster or harder is an important skill that you can learn.

People who notice the changes in their breathing before their body and mind start to feel uncomfortable find it easier to BE RESILIENT! and KEEP GOING.

When you breathe out for longer than you breathe in, you feel safe, relaxed and in control, so this 3:5 breathing skill is perfect for your THING-SPRINGS.

Sit comfortably and start to notice your breathing. Imagine you are breathing in courage and breathing out any worried feelings.

BREATHING COURAGE IN FOR 3...



... AND WORRY OUT FOR 5

After a few minutes, breathe in smoothly for a count of three, and then out slowly for a count of five.

As you breathe in, make the courage go all the way into your tummy. Put your hand on your tummy and watch it rise.

As you breathe out, gently push the air out from your tummy and watch your hand go back down as you let go of the worry.

KEEP GOING for a few minutes until you start to feel more courage spreading through your mind and body.

Enjoy feeling the courage spreading and KEEP GOING for as long as you continue enjoying it.



You can also use 3:5 breathing at bedtime to help you drop off quickly if your mind is busy.



THIS  
ACTIVITY EARNS YOU  
THREE THING-SPRING  
POINTS



# ENERGY BUZZ

COLOUR ENERGY IN →

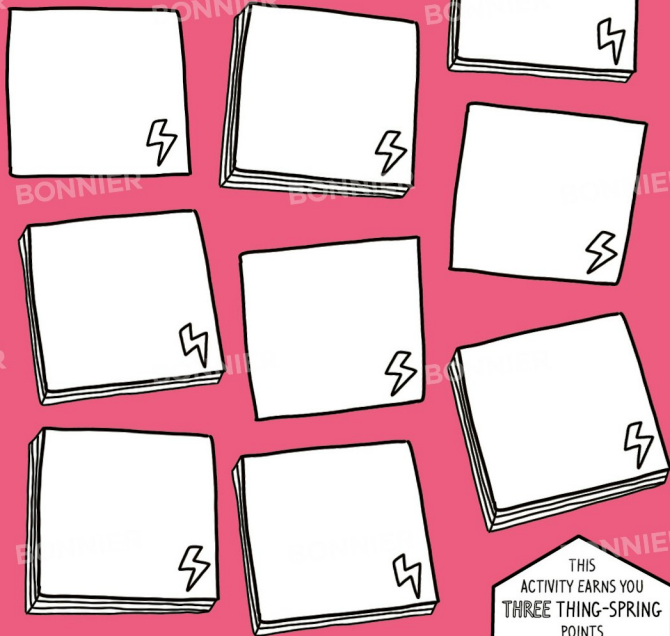


Every member of our HERO TEAM has an important job.

Meet ENERGY. ENERGY puts effort into making good things happen.

Think about Energy's special qualities and update your earlier costume design in this picture. What good things can you make happen by putting effort into them?

Write on these sticky notes what you want to put effort into in order to make good things happen for yourself, others and the world.



THIS ACTIVITY EARNS YOU THREE THING-SPRING POINTS



Keep coming back until you've filled all these sticky notes in, then add more if you like!

# I AM JAR

Turn a JAM JAR into an I AM JAR.

I AM GOOD AT SWIMMING

I AM HELPFUL

I AM SMART

## YOU WILL NEED:

- Your SUPPORT SQUAD
- Paper
- Stickers
- A clean, dry jar with a lid
- Pens
- Magazine pictures
- Glue
- Cut-out HERO initials or anything you fancy to decorate the jar

If there is a choice of jars, pick one with a shape you really like.



Choose a really special pad of notepaper for this activity or maybe recycle some scrap paper into strips and keep them ready for action with the I AM JAR.

## INSTRUCTIONS:

- Make a label that says I AM JAR and stick it on the jar or the lid. Or both!
- Talk to the members of your SUPPORT SQUAD and ask them to tell you some things they admire about you.
- Together, turn each comment into an I AM statement.
- Write the I AM statement onto a strip of paper, or type it up and print it out, then slip it into your I AM JAR.
- Write or type at least five more I AM statements of your own and tuck them into your I AM JAR.
- Keep your jar somewhere you can see it every day. If you're feeling wobbly, worried or unsure, take out a few I AM statements and read them aloud to yourself three times. Doing this trains your HERO TEAM together. It's a great idea to start every day by reading a few I AM statements.

What you hear about yourself is what you believe. What you believe about yourself is what you become.



THIS ACTIVITY EARNS YOU FOUR THING-SPRING POINTS



I AM CAPABLE I AM PERSISTING

# I CAN CAN

Let's celebrate all the things you CAN do!

You probably don't remember when or how you first did most of the hard THINGS you can do today. From now on, store everything you learn to do in this special can.

Also, whenever you are able to BE RESILIENT! and do something big, new, scary or difficult for the first time, write it down and pop it in the I CAN CAN.

## YOU WILL NEED:

- An empty can with a lid
- Paper
- Glue
- Magazine pictures or whatever you'd like to decorate the can with
- Pens
- Stickers

You could use a clean and dry food can with some paper and an elastic band for the lid. Ask an adult to make sure there are no sharp edges and to put masking tape all around the top of the can for you.

## INSTRUCTIONS:

- Make a label that says I CAN CAN and stick it on the can.
- BE RESILIENT!
- Write down what you accomplished, pop it in the can and put the lid on.
- Shake the can as you shout out, 'IT'S IN THE CAN!'



When you pop your paper in, make sure you tell everyone and shout out, 'IT'S IN THE CAN!'

Every now and then, go through your I CAN CAN and remind yourself how resilient you are.

THIS ACTIVITY EARNS YOU FOUR THING-SPRING POINTS



# BOB ALONG

Let me introduce you to Bob!

Bob is the part of your brain that jumps in to protect you from big, new, scary or difficult things and tells you not to try or that you can't do it.

Bob wants to stop you taking any risks, however small, which is ever so useful when you're crossing a road or using scissors, but not so useful when you've got the chance to go on a trip with your friends or you need to do something for the first time.



COLOUR THIS IN

Bob responds really well to a kind word, a gentle stroke and the reward of seeing you succeed. Show Bob how resilient you can be and you'll train him to let you take healthy risks. As you colour Bob in, tell him some of the THINGS you'd love to do and explain to him why you think you could do them, if he'd let you.

WRITE THESE THINGS HERE:

You could also tell a SUPPORT SQUAD member.

# DON'T GIVE UP!

We all fail. Every human fails, repeatedly. It's the ability to KEEP GOING that's the key to success.

Sometimes, what stops you trying and succeeding with something big, new, scary or difficult is the way it feels in your mind and body when you think about it.

You might worry you're going to fail but failing is a supercharger and is nothing to be afraid of.

You might feel anxious, nervous, shy or another unhelpful feeling.

It's normal to feel any of these THINGS, so accept whatever feelings come up for you and work around them rather than trying to stop them - remember, these challenges grow your THING-SPRINGS!



COLOUR THIS SENTENCE IN AND KEEP SAYING THE WORDS TO YOURSELF WHILE YOU COLOUR.

I CAN ACCEPT THE FEELINGS AND KEEP GOING!

THIS ACTIVITY EARNS YOU TWO THING-SPRING POINTS



# MENTAL HEALTH

Everyone has mental health, just like everyone has physical health. Sometimes it's all going well and other times it needs a bit of help. There are some THINGS you need to have in your life in order to stay as healthy as possible, both mentally and physically.

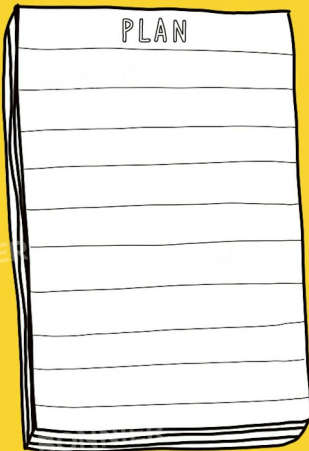
Tick all the things you already have in your life and circle anything on the list you don't have enough of.



Talk to a **SUPPORT SQUAD** member to make a plan to get more of what you need in your life.



THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**



# LETTERS THANK

Thanking people makes them feel good and boosts the bounce in their THING-SPRINGS.

WRITE A LETTER TO SAY THANK YOU TO SOMEONE BELOW

You could remind them what they did and explain the difference it made to how you feel about yourself, what it meant to you and how it helped you. You could also say how you will manage things in the future.



Why not write the letter out on paper and send it to the person you wish to thank?

EARN FOUR  
THING-SPRING POINTS  
IF YOU WRITE OUT  
AND SEND YOUR  
LETTER TO  
THE PERSON.

THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**



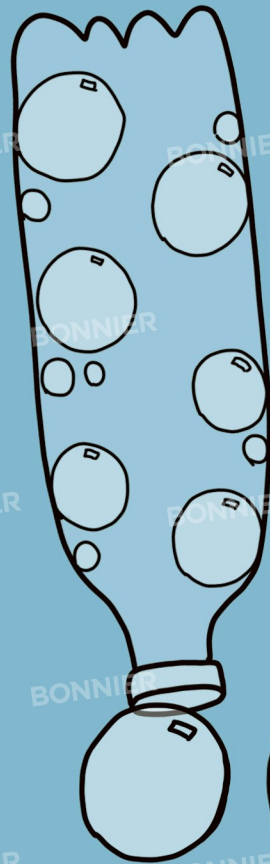
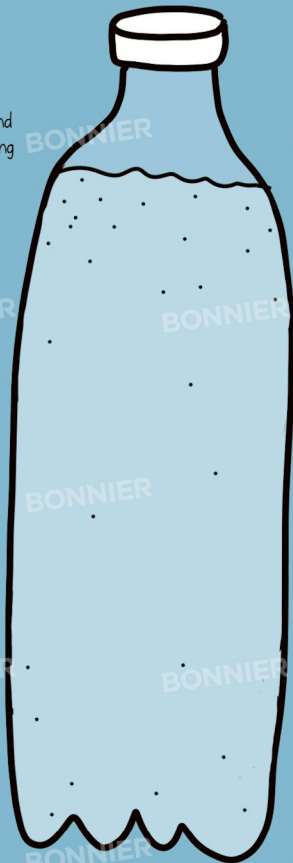


# BOTTLED UP

Sometimes, we bottle up unhelpful THINGS, and let them fizz away inside our minds, weakening our THING-SPRINGS. We often forget the helpful THINGS and let them evaporate instead of letting them make our THING-SPRINGS stronger.

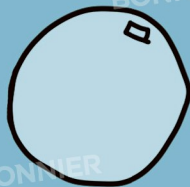
In this bottle are THINGS that others have said to you, or about you, that have made you feel LESS confident. It's time for you to unbottle those words and let them go.

Write or draw these unhelpful THINGS in the bottle.



Inside these bubbles, write THINGS that others have said to you, or about you, that have made you feel MORE confident. It's time to bottle up the good THINGS and keep them safely inside your mind to remind you what's great about you. Keep coming back and adding more bubbles whenever you hear THINGS that top up your bounce.

What a great way to top up the bounce in your THING-SPRINGS!



THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING**  
POINTS

# YOGA

Yoga is an amazing way to grow strong and stretchy THING-SPRINGS. Join your HERO TEAM and help make your mind and body flexible.

THIS  
ACTIVITY EARNS YOU  
TEN THING-SPRING  
POINTS



## WARRIOR 1 POSE:

- Stand straight, feet together with your arms out to your sides.
- Step forwards on one leg, bend your front knee, but keep your back leg straight behind you.
- Arch your back slightly and stretch your arms and hands up to the sky.
- Look straight ahead with a strong expression on your face.
- Take a deep breath in for a count of three.
- As you breathe out, say aloud, 'I AM STRONG'.
- Let all your breath go.
- Stay in the pose and do this three more times.

- Breathing normally, bring your arms down to your sides and your feet back together with straight legs.
- Swap legs and repeat.



## HERO POSE:

- Smile and kneel down, sitting gently on your heels with your hands on your lap. Breathe calmly for a little while.
- Finish by repeating aloud three times, 'I AM A HERO'.



## WARRIOR 2 POSE:

- Repeat the steps for Warrior 1 pose with your arms out to your sides.
- Turn your chest and stretch one arm out in front of you and the other behind you.
- Look straight ahead with a confident expression on your face.
- Take a deep breath in for a count of three.
- As you breathe out, say aloud, 'I CAN DO HARD THINGS'.

- Let all your breath go.
- Do this three more times.
- Breathing normally, bring your arms to your sides and your feet back together with straight legs.
- Swap legs and repeat.

I CAN DO  
HARD THINGS



## WARRIOR 3 POSE:

- Repeat the steps for Warrior 1 but bring both arms in front of you.
- Straighten your front leg slightly, keeping your knee soft, and lift your back foot off the ground a little.
- Open your arms wider for balance, if you need to.
- Look straight ahead with a relaxed expression on your face.
- Take a deep breath in for a count of three.
- As you breathe out, say aloud, 'I CAN BE RESILIENT!'

- Let all your breath go.
- Stay in the pose and do this three more times.
- Breathing normally, bring your arms down to your sides and your feet back together with straight legs.
- Swap legs and repeat.

I CAN BE  
RESILIENT!



# BOOST YOUR BOUNCE

Feeling flat? Give yourself a bounce boost and improve your strength, stretch and balance.



Let's get your THING-SPRINGS moving. You can build up how many you do of each activity, adding a few more every time.

## STAR JUMPS

Stand upright with your feet together and your hands by your sides. Jump and move your feet apart as you bring your arms out and above your head. Then immediately jump back to your start position. Start with 10 of these and build up as you feel your fitness improving.

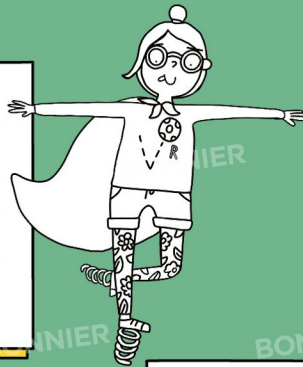


## ARM CIRCLES

Stand up straight with your arms stretched out on either side of your body. Slowly move your whole arm in circles. This is to warm up your arms for the balance skills.

## BALANCE BOUNCES

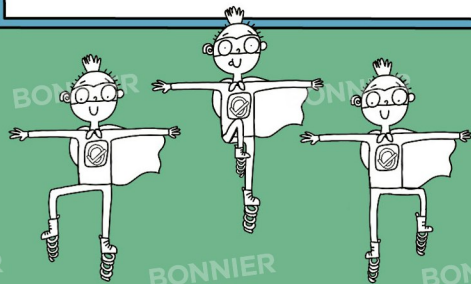
Stand up straight on one leg and tuck the other one behind you off the floor. Stretch your arms out to the side for balance and then bend your knee and gently bounce. Build up the bounce gradually so you keep your balance. Do this for as long as you can, then change to the other leg and repeat.



## BALANCE STRETCHES

Stand up straight on one leg and bend the other leg up in front of you. Stretch your arms out to the sides for balance and then stretch your bent leg in front of you and hold in place. Move your leg to the side and hold in place, then move it behind you and hold before returning your foot to the ground. Repeat this sequence five times, then swap to the other leg and repeat five times.

When you feel your balance has improved, try the Balance Bounces and Balance Stretches with your arms by your sides.



THIS  
ACTIVITY EARNS YOU  
FIFTEEN THING-SPRING  
POINTS



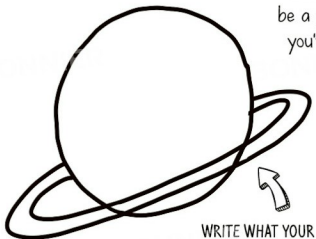
# ONE SMALL STEP

What do you want to get better at or try for the first time? It can be something little, something you have to do, or something amazing you want to achieve.

If you want to make a giant leap, you'll have to take a lot of small steps!



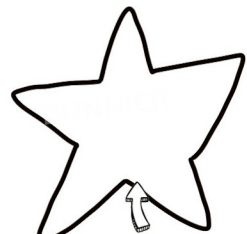
Whatever it is will be a giant leap when you've achieved it.



WRITE WHAT YOUR GIANT LEAP IS IN THIS PLANET.



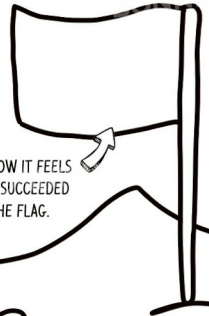
WRITE IN THIS STAR WHAT YOU'LL BELIEVE ABOUT YOURSELF ABOUT WHEN YOU MAKE IT.



WRITE YOUR START DATE IN THIS STAR.



WHEN YOU'VE SUCCEEDED, WRITE THE DATE IN THE SUCCESS STAR.



WRITE HOW IT FEELS TO HAVE SUCCEEDED ON THE FLAG.



Complete the picture however you like and fill out these footsteps to work out how you're going to make your giant leap. You don't have to use all the footsteps, or you can add more if you need to. Ask a member of your SUPPORT SQUAD if you need help breaking your giant leap down into small steps.

THINK ABOUT THE EASIEST PART OF YOUR GIANT LEAP AND WRITE IT IN THE FIRST STEP. THINK ABOUT THE MOST DIFFICULT PART AND WRITE IT IN THE LAST STEP.

THIS ACTIVITY EARNS YOU FIVE THING-SPRING POINTS

A decorative graphic consisting of five stylized spring-like shapes arranged in a row.

# DANCEARAMA

Invite your **SUPPORT SQUAD**, if you like. Not everyone loves to dance in front of other people, so feel free to get moving on your own if you prefer.

Dancing is a great way to stretch your **THING-SPRINGS** and feel fully free. Grab a friend, play some music and dance like you are trying to reach the stars.

Dancing helps you feel better and moving makes our minds recover from big, new, scary and difficult **THINGS** more quickly.



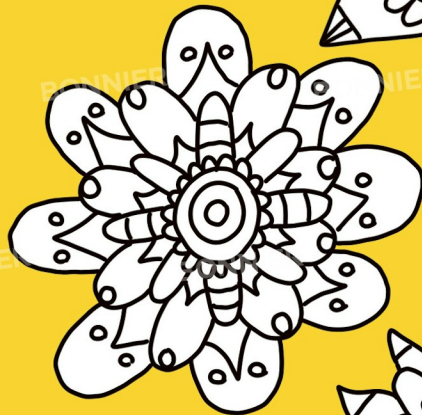
Go on! Sing along at the top of your voice and bounce your body every which way you can.

THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**



# MANDALA MAGIC

Colour these mandalas in colours that make you feel good.



As you colour them, notice how the mandalas are made from layers of pattern, starting with a strong centre and getting more adventurous as they grow.



THIS  
ACTIVITY EARNS YOU  
**FIVE THING-SPRING  
POINTS**



# RESILIENCE STRETCHES

Every member of your HERO TEAM has an important job.

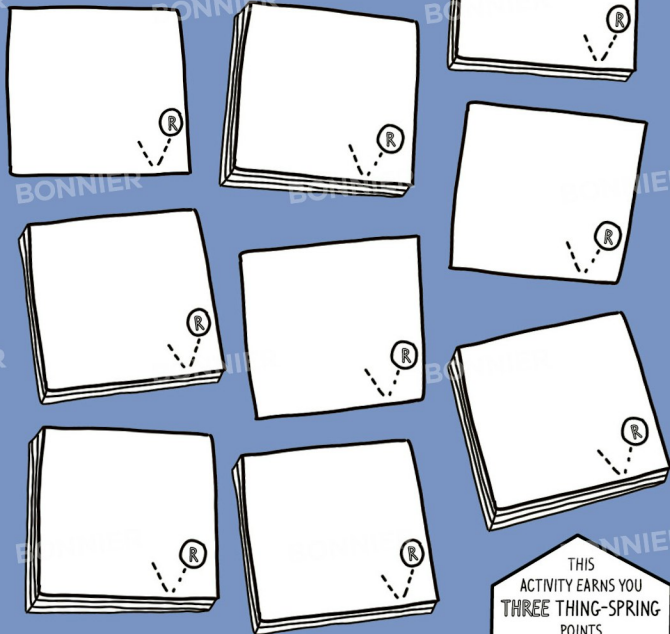
Meet RESILIENCE. RESILIENCE believes they can overcome challenges and KEEP GOING.

COLOUR  
RESILIENCE IN

Think about Resilience's special qualities and update your earlier costume design in this picture. What challenges can you overcome when you KEEP GOING?



Write on these sticky notes the challenges you're going to overcome for yourself, others and the world when you KEEP GOING.



THIS  
ACTIVITY EARNS YOU  
THREE THING-SPRING  
POINTS



Keep coming back until you've filled all these sticky notes in, then add more if you like!

# STREEEEEEETCH YOUR THING-SPRINGS

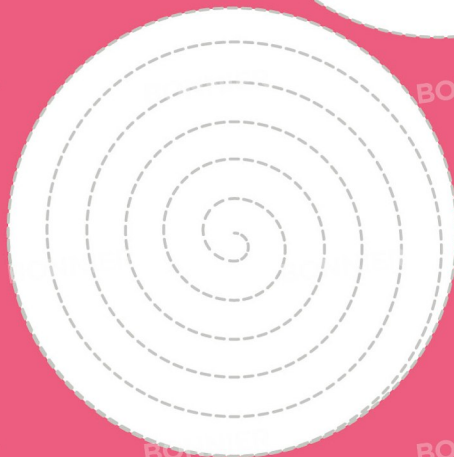
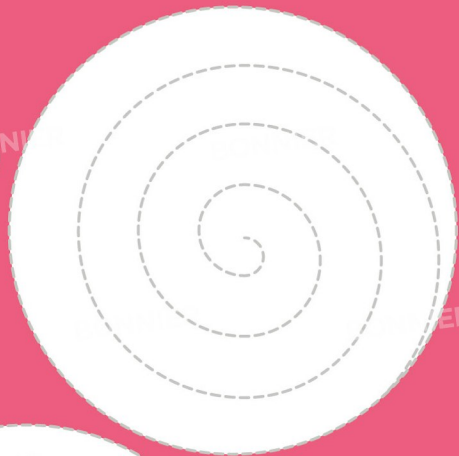
When you want to BE RESILIENT, do you need to be reminded how bouncy and stretchy your THING-SPRINGS are? Perhaps you worry you can't do something, but you wish you could? Let's train the whole HERO TEAM together.

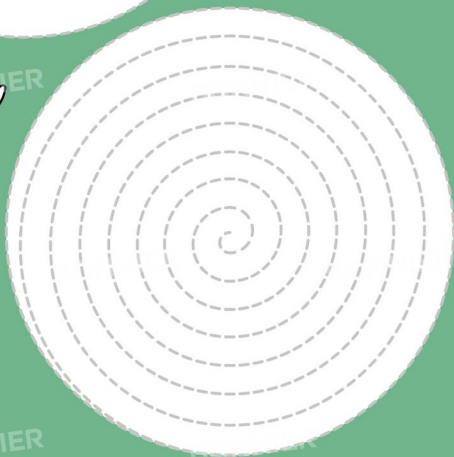
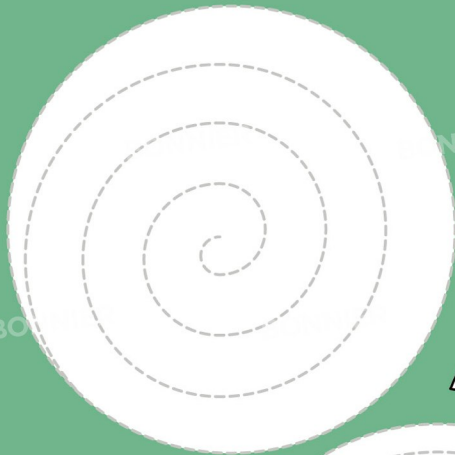
Cut out and hang up these THING-SPRINGS somewhere you will be able to watch them bounce, then sit back and remember how stretchy your own invisible THING-SPRINGS are.

## INSTRUCTIONS:

- Write all of the things you've got better at, tried for the first time, tried again or overcome in the past on the first THING-SPRING.
- Write anything big, new, scary or difficult you'd like to get better at, try for the first time, try again or overcome on the second THING-SPRING.
- Cut out the whole page along the dotted line, then cut out the big circles that are going to be your THING-SPRINGS.
- Decorate your THING-SPRINGS however you want.
  - Carefully cut around the dotted lines to create your THING-SPRINGS.
  - Use yarn, ribbon, string or elastic to hang up your THING-SPRINGS and enjoy watching them bounce about.

THIS  
ACTIVITY EARNS YOU  
THREE THING-SPRING  
POINTS



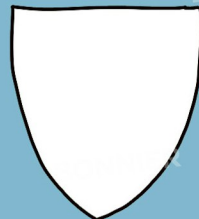
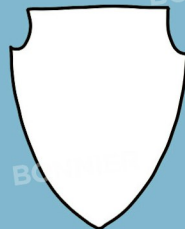
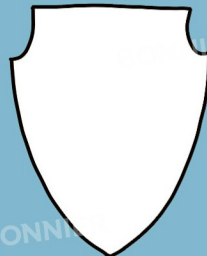
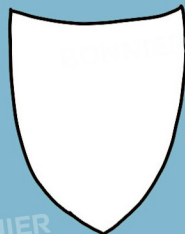
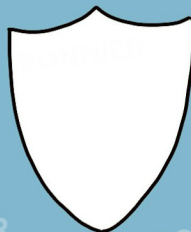


## YOUR KIND OF FRIEND

Want to help someone else grow strong and stretchy **THING-SPRINGS?** Life's more fun when others can bounce confidently with you.



Write some helpful comments you would say to a friend who is finding something difficult or who worries about not being able to do something well enough. Be as supportive and encouraging as you can to help them **BE RESILIENT!**



Well done!  
It's cool to be kind, right?

Now, make sure you say these things to **YOURSELF** any time you're struggling. To help you remember, why not write these out on sticky notes or pieces of paper and stick them to a mirror or above your bed?

THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**





# BOUNCE-ABILITY

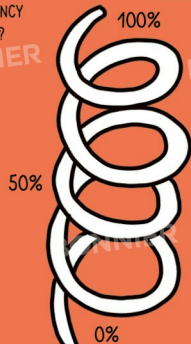
Not every day is the same. As you grow your THING-SPRINGS, some days you'll feel more resilient but on others it feels so much harder to BE RESILIENT!

The more often you try, the easier it gets. Keep a diary of how resilient you feel and how much bounce you have in your THING-SPRINGS.

Try to come back to these pages every day for a week so you can see how every day is different. If you forget, don't worry, just come back when you remember until all the THING-SPRINGS are sprung!

WHAT HAS HELPED YOU FEEL BOUNCY TODAY?

DATE:



START HERE

DATE:



DATE:



DATE:



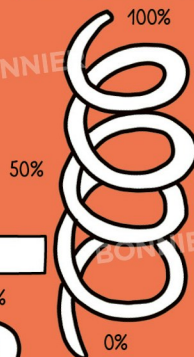
DATE:



DATE:



DATE:



WHAT DO YOU NEED TO GIVE YOU MORE BOUNCE TODAY? TALK TO YOUR SUPPORT SQUAD IF YOU NEED TO.

Remember - your resilience isn't stuck in one place.



Colour your springs to show how bouncy your THING-SPRINGS are today. If you get to the top on some days, write what has helped you feel so bouncy.

THIS ACTIVITY EARNS YOU TWO THING-SPRING POINTS




# SPOT THE DIFFERENCE

Get your HERO TEAM working for you.

Try to spot the difference in your thoughts and beliefs when you train your own HERO TEAM.


THIS ACTIVITY EARNS YOU TWO THING-SPRING POINTS



I won't be any good at dancing.  HOPE believes that good things are possible. I might be surprised at how good my dancing is.

Riding a bike is too hard for me.  ENERGY puts effort into making good things happen. I can break it down into smaller steps and try hard.

I can't count backwards.  RESILIENCE believes they can overcome challenges and KEEP GOING. I can't do it yet but I'll ask for help and keep trying.

I'll never make the team.  OPTIMISM believes in their own power to succeed. I might make the team but if I don't, I'll be proud I tried.

Using your HERO TEAM to spot the difference like this is called REFRAMING your thoughts and beliefs.

REFRAME SOME OF YOUR OWN THOUGHTS AND BELIEFS BELOW

..... HOPE believes that good things are possible. ....

..... ENERGY puts effort into making good things happen. ....

..... RESILIENCE believes they can overcome challenges and KEEP GOING. ....

..... OPTIMISM believes in their own power to succeed. ....

# HERO PACK

Every HERO needs a HERO PACK full of THINGS they love. Make yours and fill it with the THINGS you love to see, touch, smell, taste or listen to. Have it ready for those days when your bounce doesn't feel very strong and stretchy. The contents of your box should make you feel super bouncy in an instant.

## YOU WILL NEED:

- A shoebox or something similar (an old lunchbox or ice-cream tub will work well).

Decorate the box however you wish with paint, wrapping paper, old comics, fabric, ribbons, posters, cut out pictures, anything that expresses who you are.

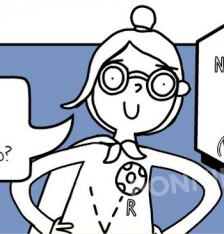
## HERE ARE SOME IDEAS FOR WHAT TO INCLUDE:

- soft toys
- music
- modelling clay
- hand lotion
- stress ball
- fidget toys
- pompoms
- friendship bracelets
- rubber bands
- bubble wrap
- HERO stones
- beads
- old tickets
- blowing bubbles
- slime
- piece of fabric with your favourite scent sprayed on
- your favourite collector card or toy
- this book
- puzzle book
- small mirror
- highlighters, smelly pens
- bubble bath
- old birthday cards from special people
- your I AM Jar
- your I CAN CAN

THIS ACTIVITY EARNS YOU THREE THING-SPRING POINTS



Why not make a HERO PACK for a friend or member of your SUPPORT SQUAD to help them BE RESILIENT! too?



# OPTIMISM WINS



Every member of your HERO TEAM has an important job.

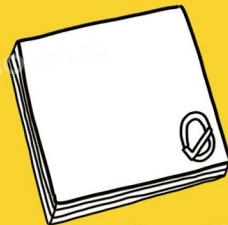
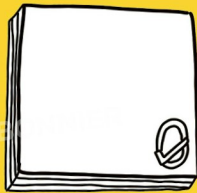
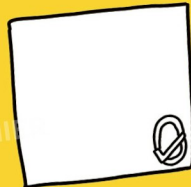
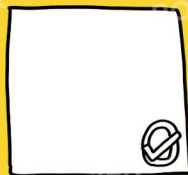
Meet **OPTIMISM**. **OPTIMISM** believes in their own power to succeed.

Think about Optimism's special qualities and update your earlier costume design in this picture.

What do you believe you can succeed at?

↑  
COLOUR  
OPTIMISM  
IN

Write on these sticky notes what you believe you can succeed at for yourself, others and the world.



THIS  
ACTIVITY EARNS YOU  
**THREE THING-SPRING  
POINTS**



Keep coming back until you've filled in all of these sticky notes, then add more if you like!

# FALL DOWN 7 TIMES, STAND UP 8

An old Japanese proverb says 'Nana korobi, ya oki'

七転び八起き

However many times you fall or fail, you must try one more time until you succeed. It won't always be as many as eight times you have to try, but sometimes it might be 80!

'Fall down seven times, stand up eight'.

PICK ONE GOAL YOU'D LIKE TO ACHIEVE.  
WRITE IT IN THIS BOX.

You have to imagine you'll succeed and then KEEP GOING to make it happen. That's what it takes to BE RESILIENT!



Write or draw what happened in one of the boxes each time you try. KEEP GOING until you achieve your goal. If you need more boxes, add them onto the page or on a piece of paper.


Do this for as many goals as you want - just make your own boxes on paper and go for it!

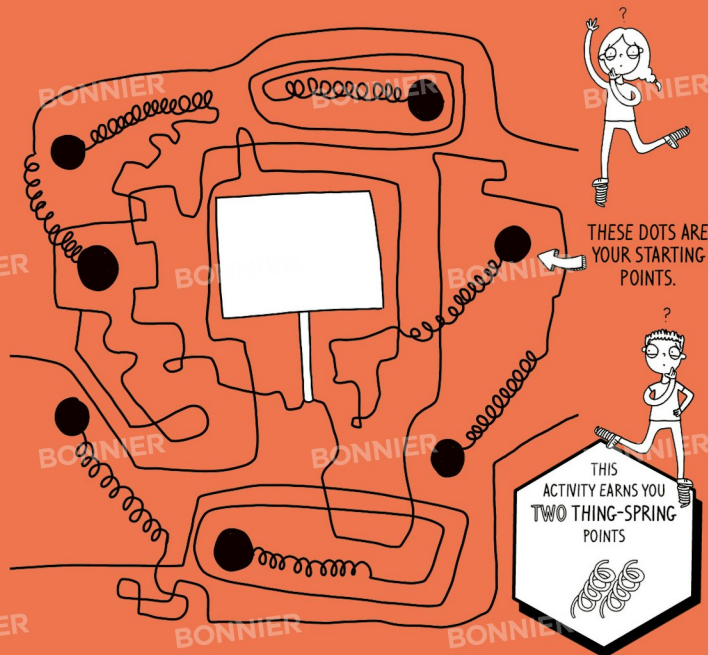


# A DIFFERENT WAY

It's important to KEEP GOING to achieve something big, new, scary or difficult.

Sometimes the best way to KEEP GOING is to change direction after a rest, and come at the problem in a different way or from a different direction.

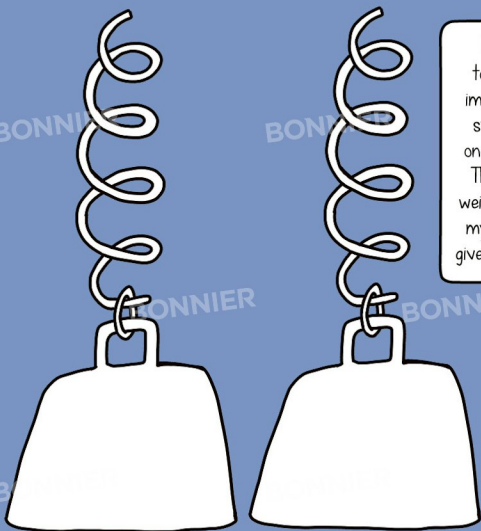
Write the THING you want to achieve on the sign in the middle of the puzzle. Follow the lines to unravel which ways work best to overcome the problem. KEEP GOING and try all the different ways until you get there!



# WEIGHT OF THE WORLD

Some big, new, scary or difficult THINGS feel so heavy and bring us down, making us forget we have any bounce in our THING-SPRINGS.

Write on the weight labels the THINGS that bring you down and make you lose your bounce. Talk them through with a SUPPORT SQUAD member if you want.



Does this ever happen to you? Me, too! I like to imagine myself cutting the strings on these THINGS, one-by-one, to release my THING-SPRINGS from the weight of them and recover my bounce. Why don't you give it a go? SNIP, SNIP, SNIP!



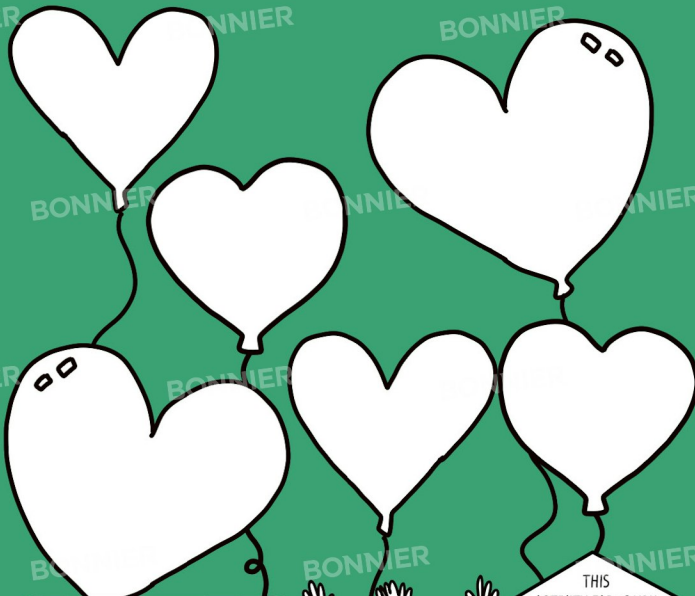
THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**



When you've cut your THING-SPRING STRINGS, try saying, 'I'VE SNIPPED MY THING-SPRING STRINGS out loud 10 times and see what happens!

# HEARTY THANKS

Fill these hearts with all the things that fill your heart with gratitude. Include all the people, places, pets or anything else you love and feel thankful for.



These THINGS lift you up high on your THING-SPRINGS when you feel weighed down. They help you feel bouncy!



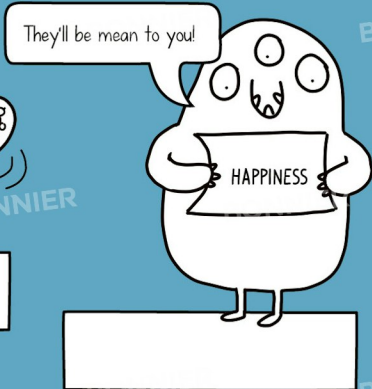
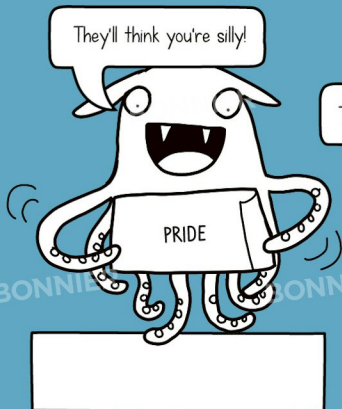
THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**



# MIND MONSTERS

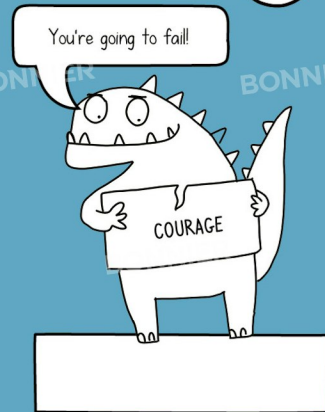
When you let yourself think you can't do something big, new, scary or difficult, then you find horrid doubts about yourself creeping boldly into your mind.

These doubts are your MIND MONSTERS and they LOVE to win! They destroy the good things you believe about yourself and can quickly make you feel unhappy, anxious and worried because of what they tell you.



The worst way to deal with your MIND MONSTERS is to agree with them as this gives them all the power and they get stronger. The best way to deal with them is to use your own power and show them kindness, patience and encouragement.

You'll become fearless in the face of these MIND MONSTERS if you practise with Optimism.



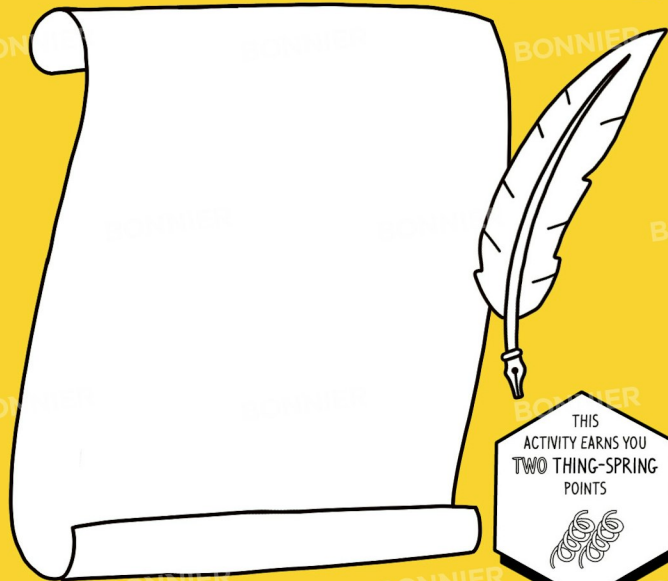
Write in the boxes what you think Optimism would say to these MIND MONSTERS.

# LETTERS TO YOU, OLD AND NEW

Write a letter to your past self, explaining how you learned to do something you thought you could never do.



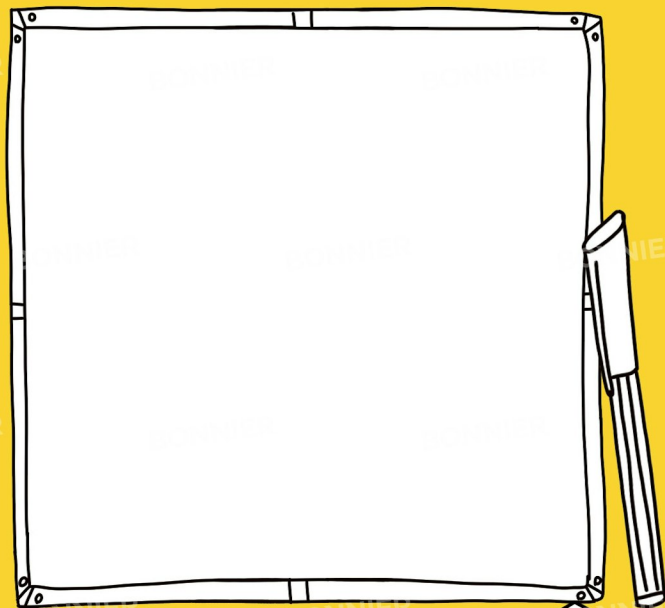
Be sure to describe what you did, and how you kept going to achieve it. Mention how it felt to finally do it and say who noticed.



THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**



Write a letter to your future self, explaining what you'd like to do but don't think you can.



Be sure to describe what you'll need to do or change to make it possible. Mention how you will feel when you can **KEEP GOING** and achieve it and say who will notice.



THIS  
ACTIVITY EARNS YOU  
**TWO THING-SPRING  
POINTS**



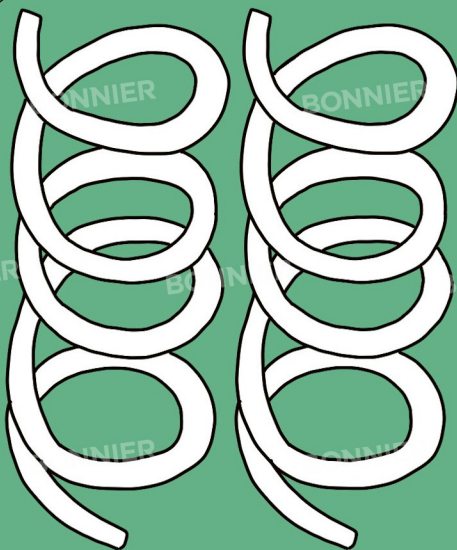
# BALANCING ACT



You need a healthy balance of support and challenge to help your THING-SPRINGS grow together. They need to be as long, strong and stretchy as each other. If you've had too much support or too much challenge, you'll find it harder to feel balanced and **BE RESILIENT!**

SUPPORT

CHALLENGE



GOOD THINGS

DIFFICULT THINGS

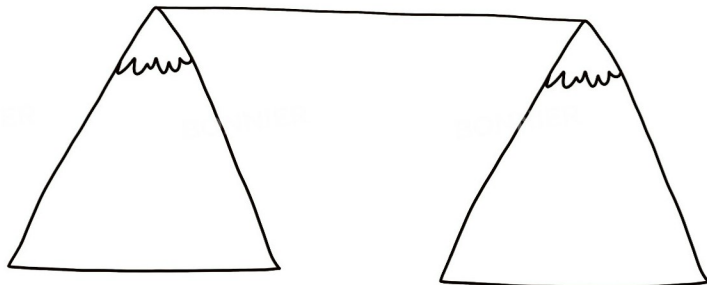
Fill these THING-SPRINGS with all the good and difficult things you've experienced.



If they're not balanced, try adding some extra support by talking to your SUPPORT TEAM for ideas of THINGS to add, or some extra challenge by thinking of some big, new, scary or difficult THINGS you could try and add those as well.

Complete this picture and add details to make it a fun, exciting image.

While you're drawing your picture, imagine travelling along the tightrope with your THING-SPRINGS firmly attached to you. It would be tricky! You'll need excellent balance.



When the picture is finished, make a mind movie where you move along the whole length of the tightrope.

Be sure to feel the THING-SPRINGS wobble underneath you as you carefully **KEEP GOING** through the tricky sensations.

THIS  
ACTIVITY EARNS YOU  
**THREE THING-SPRING  
POINTS**





# MMM: MARVELLOUS MINDFUL MOMENTS

Make a set of MARVELLOUS MINDFUL MOMENT cards to cut out and carry with you everywhere you go. You'll always have a solution at your fingertips when you're finding it hard to BE RESILIENT!

Choose your two favourite activities for each HERO in this book that suit the headings on the cards and write out the instructions. Put one activity on each side of the card. If you prefer, you can draw reminders to illustrate the cards.

Cut out the whole page along the dotted line, then cut out each card.  
Ask someone in your SUPPORT SQUAD for help if you like.

Keep your set of MARVELLOUS MINDFUL MOMENT cards safely together and whip them out whenever you need a bounce boost to help you BE RESILIENT!

Look for the HERO characters on the activity pages to match our activities to the cards.




THIS  
ACTIVITY EARNS YOU  
TWO THING-SPRING  
POINTS



HOPE   
REST & RELAX

HOPE believes that  
good things are possible

ENERGY   
MOVE

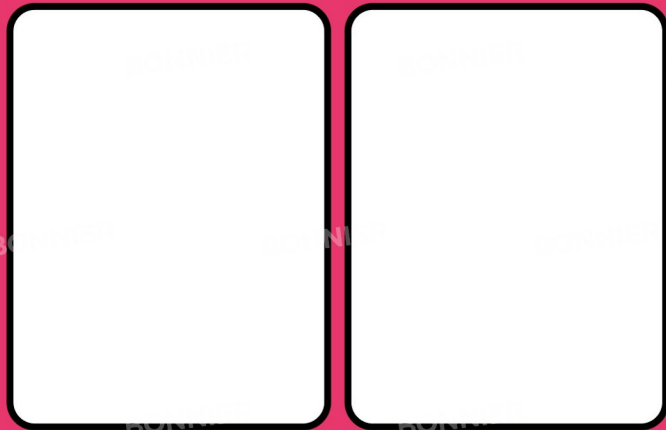
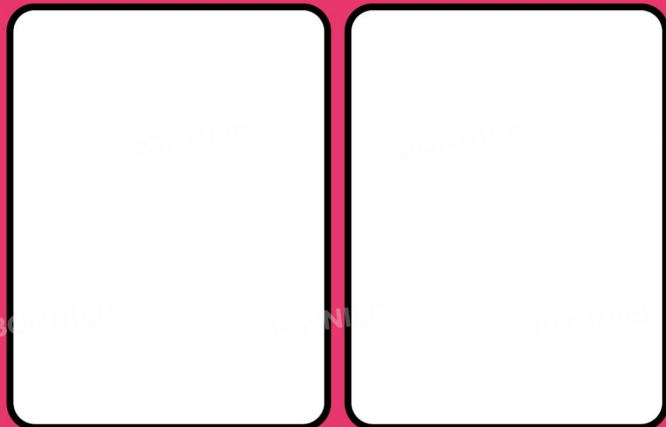
ENERGY puts effort into  
making good things happen

RESILIENCE   
CREATE

RESILIENCE believes they can  
overcome challenges and KEEP GOING

OPTIMISM   
IMAGINE

OPTIMISM believes in their  
own power to succeed



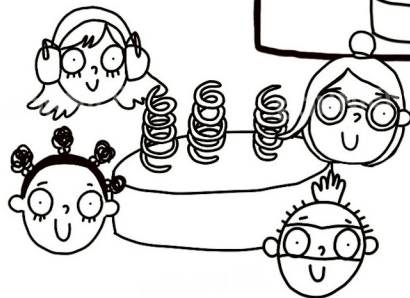
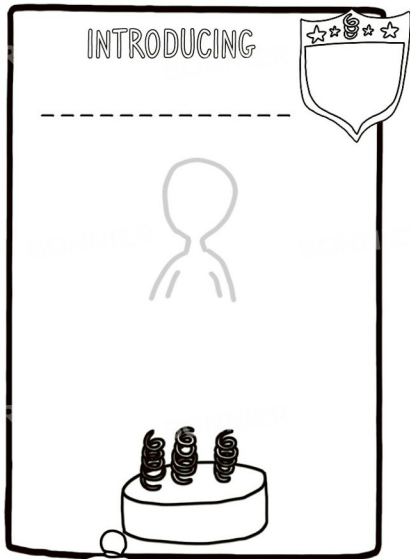
# YOU HERO!

Put yourself in the frame by completing this poster to celebrate your introduction as the newest member of your HERO TEAM.

Write your superpower on the podium.  
Make sure your costume expresses who you are and design your own logo to represent what you believe.  
Don't forget to add your initial to your badge.



Your superpower is what you believe about yourself. Go back and check out the HERO TEAM superpowers if you need help.





# HEALTHY THING-SPRINGS

Your THING-SPRINGS are very resilient but they need a bit of care and attention to keep them in tip-top condition and protect them from all the THINGS that could wear them out. Read how to keep them healthy so you can sit back and BE RESILIENT!

COLOUR IN EACH TICK WHEN YOU'VE READ AND UNDERSTOOD THE INFORMATION ABOUT KEEPING YOUR THING-SPRING HEALTHY.

## OIL YOUR THING-SPRINGS

It's VERY important to drink plenty of water. Make sure you have water in the morning, afternoon and whenever you eat. This keeps your THING-SPRINGS flexible and bouncy.

Always try to make someone's day with all the THINGS you do and say!

## MOVE YOUR THING-SPRINGS

Moving is a brilliant way to strengthen and stretch your muscles and it also improves your balance. All this adds to your confidence and makes your THING-SPRINGS really resilient. Aim to bounce about for at least an hour a day, or even more if you like!

## FEED YOUR THING-SPRINGS

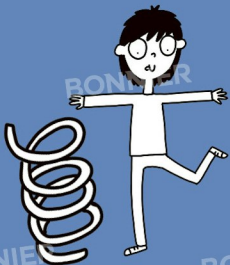
A balanced diet with lots of fresh fruit and vegetables is the best fuel for your THING-SPRINGS. It's OK to have a few treats here and there but focus on putting the best fuel in and you'll get the best bounce out. Food has a big impact on your mood and confidence so help your resilience by eating healthily. Sugary foods and drinks use up your energy quickly and leave your bounce a bit flat.

## REST YOUR THING-SPRINGS

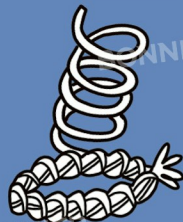
Rest, relaxation and recovery time are essential to the wellbeing of your THING-SPRINGS. Make sure you leave time in your busy day for plenty of each and you'll work better, play better, sleep better and feel better. This will keep your THING-SPRINGS as strong and stretchy as possible to help you BE RESILIENT! whenever you need to be.

## COMFORT YOUR THING-SPRINGS

Everything's more fun when you have others to bounce confidently through life with. Take time to build up the THING-SPRINGS of others through your kindness, friendship and thoughtfulness. You'll benefit from the effort you put in because strong relationships are essential for helping you to BE RESILIENT!



THIS  
ACTIVITY EARNS YOU  
FOUR THING-SPRING  
POINTS



# CHEERLEADERS

Every time you get a compliment, write it in one of these banners.



Which of these compliments means the most to you?



Don't forget to add the name of the person who gave you the compliment.

And remember to let them know how much their kind words mean to you.

Show your SUPPORT SQUAD the compliments if you want - they might have a few more for you!

THIS  
ACTIVITY EARNS YOU  
TWO THING-SPRING  
POINTS



# BUBBLE UP

Start by drawing a picture of yourself inside the bubble. Get into a comfortable position, laying down or sitting if you prefer. Ask a member of your SUPPORT TEAM to read out the instructions for this activity, if you want to.

Start your 3:5 breathing from earlier in the book or you could try Finger Breathing.

## FINGER BREATHING



Spread out the fingers on one hand. Slowly and smoothly trace your other pointer finger up your thumb, breathing in as you do.

Stop at the tip, hold your breath for a second, then trace back down the other side as you breathe out.

Trace every finger in the same way. Remember to keep your breathing smooth. Repeat this a few times, and make sure all your attention is on your hand and your breath.

When you notice you're feeling relaxed, imagine yourself rising up, safely and smoothly, on your THING-SPRINGS high up into the sky, protected by a big bubble all around you. Stretch up those coils as far as they go. Focus on feeling completely relaxed, safe and comfortable. Imagine the landscape below you. See whatever you want to see. Spend five minutes imagining yourself calmly and gently sitting above the landscape, as if you're really there. How does it feel?

Now, imagine all the big, new, scary or difficult things just bouncing off your beautiful bubble. They can't get through to you or make you wobble. You can feel more and more resilient inside your bubble, to build up your bounce so you can tackle those things in your own time. Picture yourself succeeding at whatever you want to do. Stay as long as you want in your bubble, then bring yourself gently back down to the ground.

If you enjoy this activity, come back to your bubble whenever you need or want to. You could try playing some music while you're in your bubble.



THIS  
ACTIVITY EARNS YOU  
TEN THING-SPRING  
POINTS



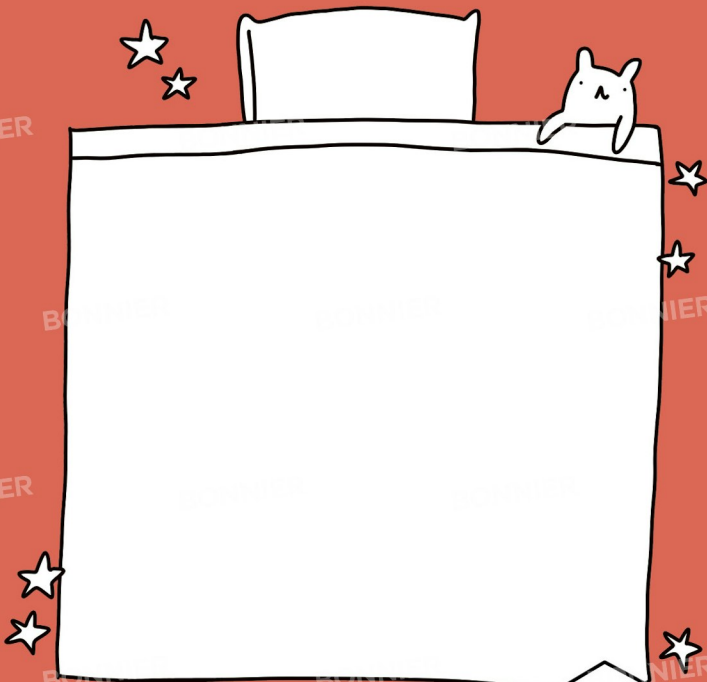
# AND SO, TO SLEEP...

Sleep is essential if you're going to BE RESILIENT!

Your brain, muscles, organs, confidence and mood all rely on you having enough rest and recovery time. While you sleep, wonderful things happen inside you.

You clear away the day's worries, strengthen and stretch your THING-SPRINGS and prepare for more opportunities to bounce and grow your resilience.

WHAT DO YOU NEED FOR A GOOD NIGHT'S SLEEP?



Fill this duvet with all the good THINGS you'd love to dream about. You can draw, write or stick in pictures and photos. Come back to this page night after night and keep adding to it.

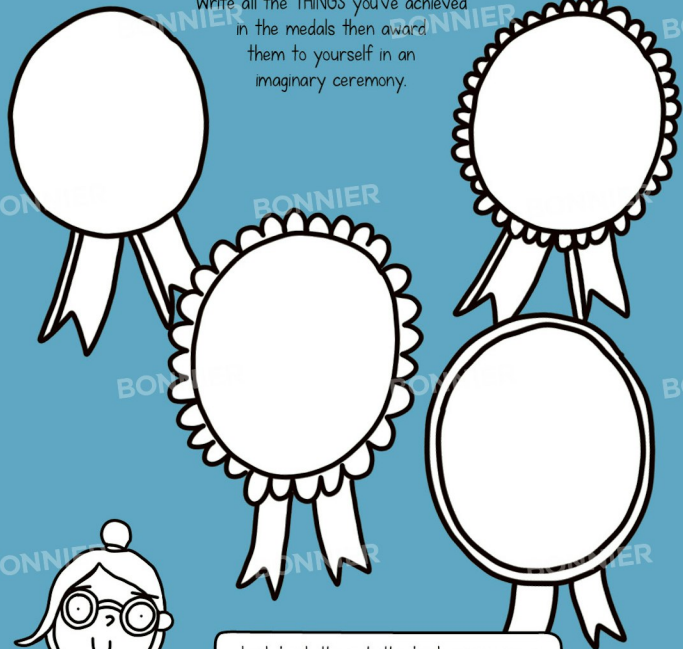
Talk through the things you've included with someone from your SUPPORT SQUAD if you want.



# AWARDS CEREMONY

Celebrate all your achievements since you started this book.

Write all the THINGS you've achieved in the medals then award them to yourself in an imaginary ceremony.



Look back through the book or pop open your I CAN CAN and remind yourself of everything you've achieved if you need to.

Pay close attention to how proud the audience members are and how loudly they are cheering for you.

If you prefer, invite your SUPPORT SQUAD along and talk through why you deserve these medals.



You could copy the medals onto card and award them to members of your SUPPORT SQUAD to thank them for the help they've given you along the way. Make sure you get these medals though, you've earned them!

THIS  
ACTIVITY EARNS YOU  
THREE THING-SPRING  
POINTS



I HAVE CHANGED

COLOUR THIS IN



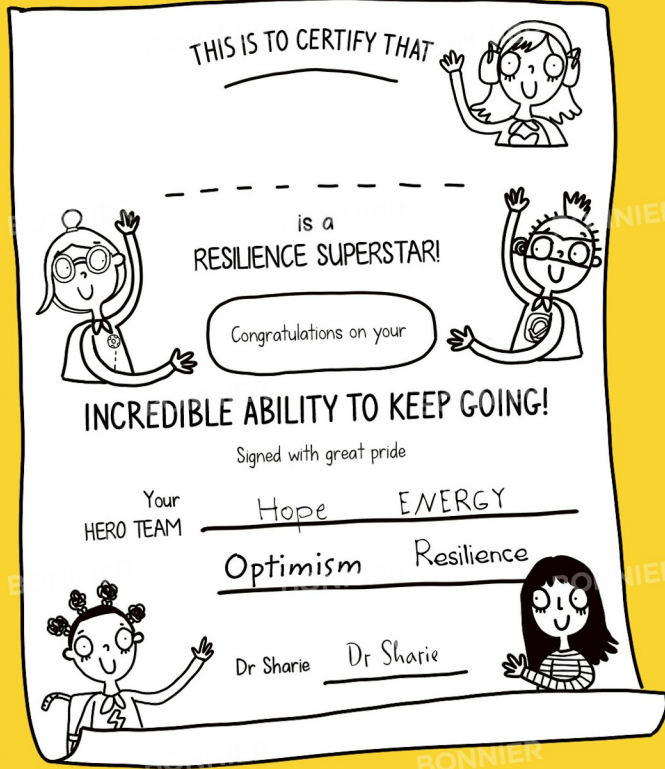
COLOUR THIS IN

AGAIN  
CHANGE  
I WILL



YOU DID IT!  
BOUNCE FOR JOY!

Write your name on this certificate or ask a member of your SUPPORT SQUAD to do it. If you want, cut it out and put it somewhere to show everyone what you've achieved.





# GO FOR IT!

Now that you have all the skills you need to help you BE RESILIENT! and bounce confidently through life, it's time to start putting them into practice every day.

Write three things you'd like to achieve with your bouncy BE RESILIENT! skills. This will help you strengthen and stretch your THING-SPRINGS long after you close this book for the last time.



GO FOR IT - WE ALL BELIEVE IN YOU! DR SHARIE DOES, TOO!



THIS WEEK



THIS YEAR



IN THE FUTURE

## THE BIT FOR GROWN UPS

# BE RESILIENT! AN ACTIVITY BOOK TO HELP CHILDREN AND YOUNG PEOPLE BOUNCE CONFIDENTLY THROUGH LIFE

This activity book is perfect for parents and carers, teachers, learning mentors, social workers, coaches, therapists and youth leaders who want to help young people develop healthy resilience and confidence.

Being successful is a pressure that children are constantly exposed to in the modern world, and it can feel like popularity and perfection are the most important aspects of success. As children grow, make inevitable mistakes and learn, they experience many internal and external pressures. These can cause them to doubt themselves, be fearful of failure, compare themselves with others and feel they aren't good enough.

In a loving and nurturing environment, children are already becoming resilient and will often work through worries without needing additional help. Despite this, some children become overwhelmed and struggle to make sense of what's going on without the language or tools to explain their distress. Their worries can damage their confidence and reduce their capacity for resilience.

This book enables your child to explore, express and explain their self-doubts and open up the conversation with you. The fun activities increase their ability to deal with challenges positively, keep going and try again as they tackle things that are big, new, scary or difficult, and to bounce back after a setback. Children are encouraged to ask for help, develop positive relationships and understand the best ways for them to overcome the tricky feelings and challenges they'll face.

When children are experiencing difficulties, you might notice an increase in self-doubt and negative thoughts, along with complaints of tummy aches, headaches or tiredness and avoidance of previously enjoyed activities, places and people. If your child's reluctance or inability to overcome challenges escalates rather than decreases, talk to their school, your GP, a counsellor or one of the organisations listed below for support and guidance.

### YOUNGMINDS PARENT HELPLINE

Call weekdays 9.30 a.m. to 4 p.m. Free in England, Scotland, Wales and N. Ireland.

Call to talk through your child's problem. Advisers will listen to your concerns and questions in complete confidence, help you to understand your child's behaviour and give you practical advice on where to go next. If you need further help, they'll refer you to a specialist, e.g. a psychotherapist, psychiatrist, psychologist or a mental health nurse within seven days.

Tel: 0808 802 5544 [www.youngminds.org.uk](http://www.youngminds.org.uk)

### MIND - FOR BETTER MENTAL HEALTH

Mind's team provides information on a range of topics, including: types of mental health problem, where to get help, medication and alternative treatments and advocacy. They will look for details of help and support in your own area.

Call weekdays 9 a.m. to 6 p.m. Phone calls from UK landlines are charged at local rates. Charges from mobile telephones vary considerably.

Tel: 0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)

### SANE HELPLINE

SANE's helpline is a national, seven-days-a-week, out-of-hours (4.30 p.m. to 10.30 p.m.) telephone helpline for anyone coping with mental illness, including concerned friends or relatives.

Tel: 0300 304 7000  
[www.sane.org.uk](http://www.sane.org.uk)