



BE RESILIENT!

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



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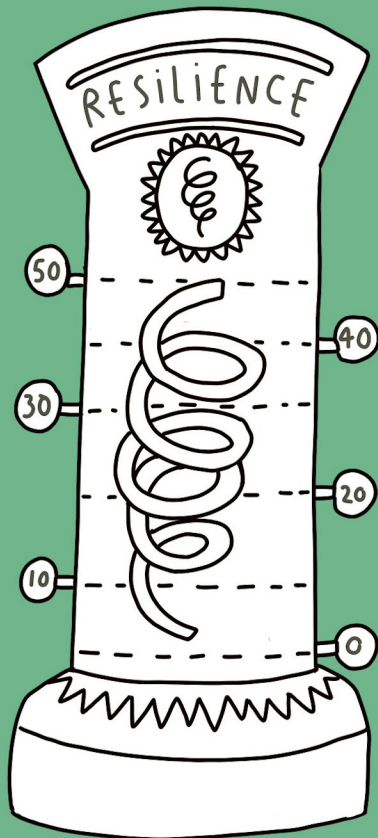
THING-SPRING-O-METER

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

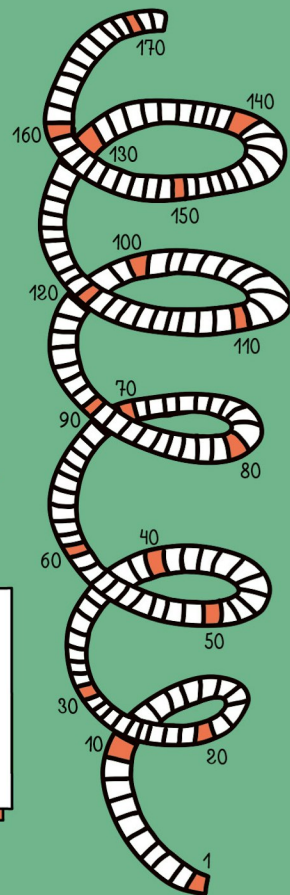
It's time to strengthen and stretch your THING-SPRINGS.

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!



HOPE

Believes that good things are possible



ENERGY

Puts effort into making good things happen

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.



RESILIENCE

Believes they can overcome challenges and KEEP GOING



OPTIMISM

Believes in their own power to succeed

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.

THIS
ACTIVITY EARNS YOU
FIVE THING-SPRING
POINTS



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.



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 _____
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

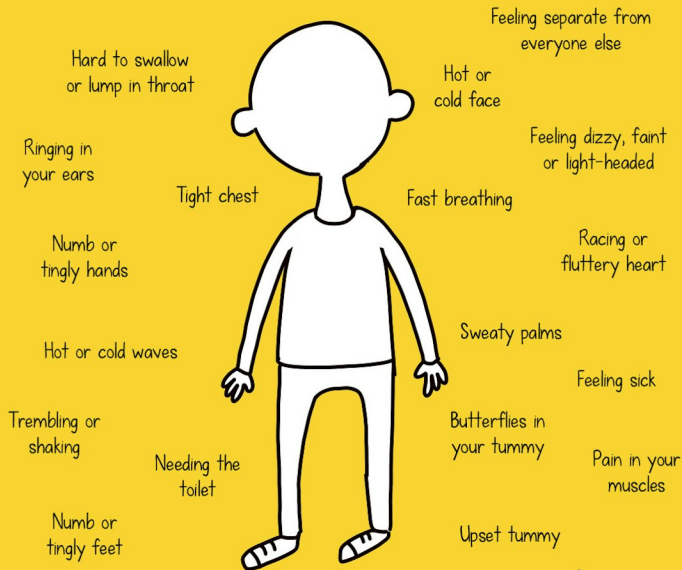
Read to the class

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**

