



# Be Resilient! (Mindful Kids)

### THING-SPRING-O-METER

HOW MUCH BOUNCE IS IN YOUR THING-SPRING?

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

Decide how far your THING-SPRING 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. The book will show you how to get them to stretch the rest of the way.

### THING-SPRING STRETCHER

It's time to stretch them and stretch your THING-SPRING. 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 the 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 'side-kicks' around you to build the healthiest THING-SPRING!

The first in your new 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 design.

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

If you are a superhero! or a hero! or a leader! or a really, really, really cool! person! that's hard to hear your HERO TEAM of friends that worry you and can help them more easily as you go through this book.

THE ACTIVITY EARN YOU FIVE THING-SPRING POINTS!

### PICK YOUR OWN SUPPORT SQUAD

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

✓ You've got your HERO TEAM organized, so it's go ahead and pick your SUPPORT SQUAD!

✓ Everyone needs a SUPPORT SQUAD to grow healthy THING-SPRING!

**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 helpful or listening, encouraging, being funny, reassuring, challenging, cheering or comforting you.

Sometimes your resilience gets stretched so 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.

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

Now you can bounce around all over this book. How far - you've got that!

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

Practice means who they are to you, such as friends, teacher and so on.

### 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-ter-o-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.

Hard to swallow or lump in throat

Hot or cold face

Feeling separate from everyone else

Ringing in your ears

Tight chest

Fast breathing

Feeling dizzy, faint or light-headed

Numb or tingly hands

Hot or cold waves

Sweaty palms

Racing or fluttery heart

Trembling or shaking

Needing the toilet

Feeling sick

Numb or tingly feet

Upset tummy

Butterflies in your tummy

Pain in your muscles

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 EARN YOU THREE THING-SPRING POINTS

Pub Date	01/09/2022
Pub Price	£9.99
ISBN	9781800780187
H x W	235 x 190mm
Binding	Paperback
Age Range	7-9 years
Author	Dr. Sharie Coombes
Illustrator	Katie Abey
Extent	96pp
Word Count	8000 words
Rights Available	World