

Chose one of these activities and take 10 minutes to complete it.

Resilience Flashcards

Sometimes, we are faced with difficult situations that we have to deal with. Dealing with these difficult situations calmly and positively, will help you build up your resilience so you are able to deal with other, more challenging situations as you get older.

It can be hard to deal with these situations and sometimes, we react in a negative way. The idea of this activity is to help you to try a positive strategy quickly. The more you use these resilience flashcards, the quicker you will be able to think of a positive strategy when you need one.

Do an activity that makes you happy.

Think about all of the positive things you have in your life.

Give yourself a cuddle.

Be brave – try something totally new that you have never done before.

Do some exercise that you enjoy.

Take deep breaths and count to ten.

Write down or draw all of the people that care about you.