



RESILIENCE BOOKLET

The Resilience Revolution is behind this booklet which is the first of its kind that we have seen that is co-developed with young people. In particular, students and staff from St Mary's Catholic Academy in Blackpool, Boingboing, Centre of Resilience for Social Justice, University of Brighton and HeadStart Resilience Revolution Blackpool co-produced it. We have called our booklet 'Ready, Set, Resilience' to support young people's resilience. Resilience is about bouncing forward and coping better with life's challenges. As well as helping people get through tough times, our resilience approach helps us work together to challenge and change systems that impact unfairly on people's lives. Ideally we would all have the same opportunities, so fewer people would have to keep on trying to bounce forward in the first place.

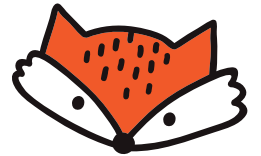
Young people from St Mary's developed the activities in our booklet and they are based on the Resilience Framework. You can find this on the booklet's centre pages and it is also available to download from the Boingboing website www.boingboing.org.uk

The Resilience Framework is a toolkit of ideas and has 5 themes:

- Basics** – The basic things we need in life to get by.
- Belonging** – Putting good relationships at the heart of things.
- Learning** – The importance of finding out about and discovering new things, noticing our achievements and developing new skills.
- Coping** – Things that can help me when times are tough.
- Core Self** – Focus on our inner worlds – those thoughts and beliefs we have about ourselves and to know who I am.

Under each theme there are '**resilient moves**' (42 in total). These are everyday actions that can help you to build resilience and you will probably find that you are making lots of **resilient moves** already.

We hope that you enjoy the activities and we'd love to hear from you if you have further ideas. Please email info@boingboing.org.uk with any feedback.



My name is

.....

I am from

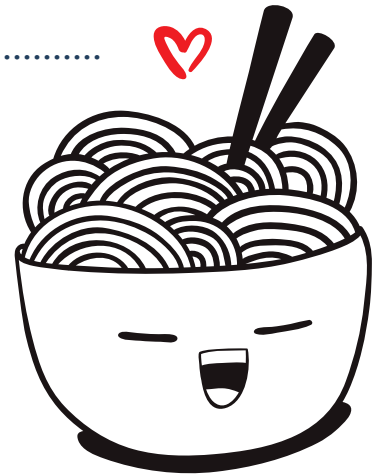
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Fun facts about me

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I am.....
years old

MORNING

I go to.....school

What resilience means to me

.....

.....

.....



How do you view yourself?



Draw yourself



Write about yourself, list your inner strengths (e.g. honest, kind, caring etc)

A large, light-colored sheet of paper with horizontal lines, pinned to a dark blue background with a yellow paperclip. Below the paper, there is a stack of two books with yellow covers and dark blue spines, also pinned to the background.

How do you think your friends view you?



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Ask your friends to write something positive about you

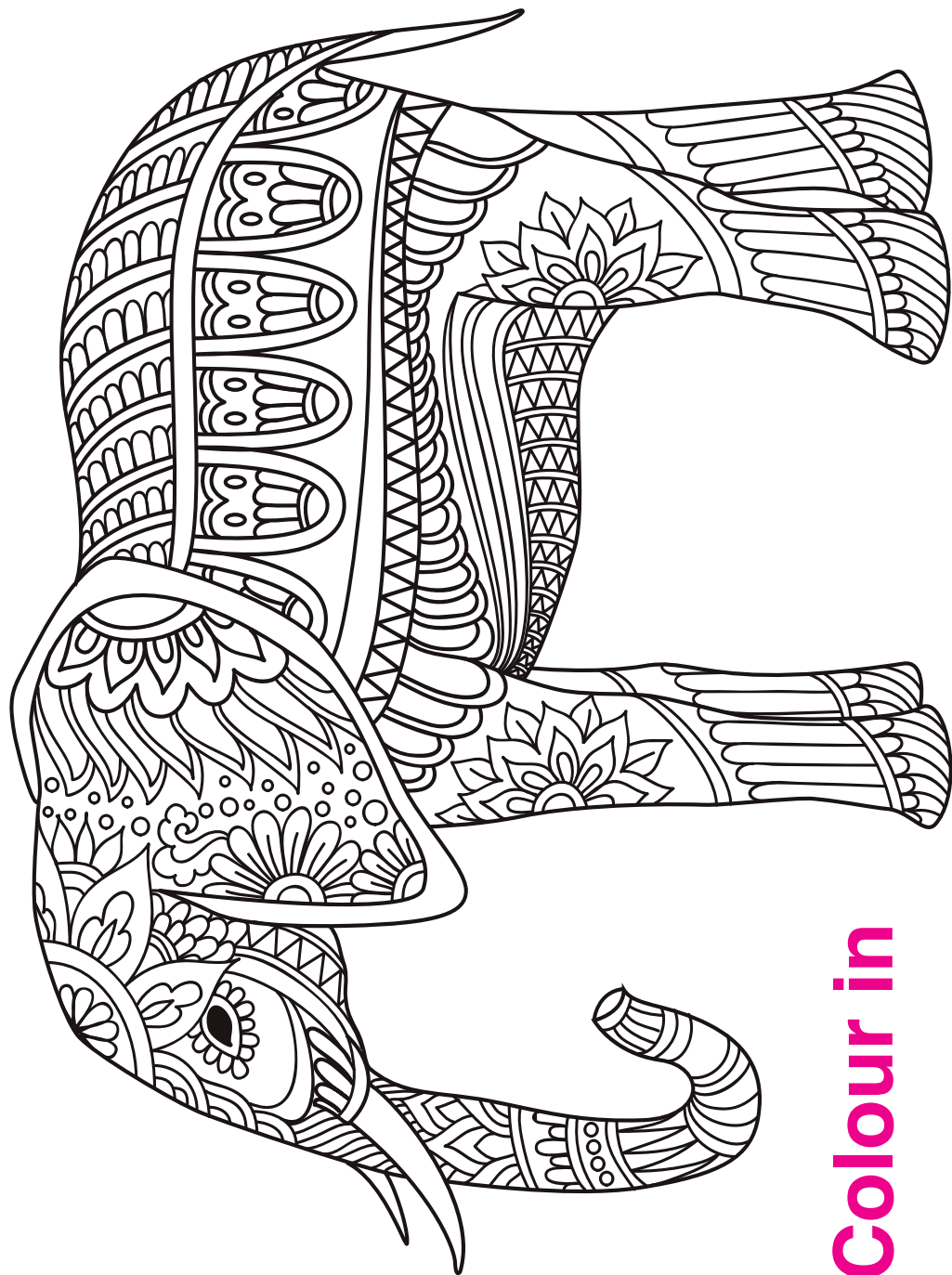


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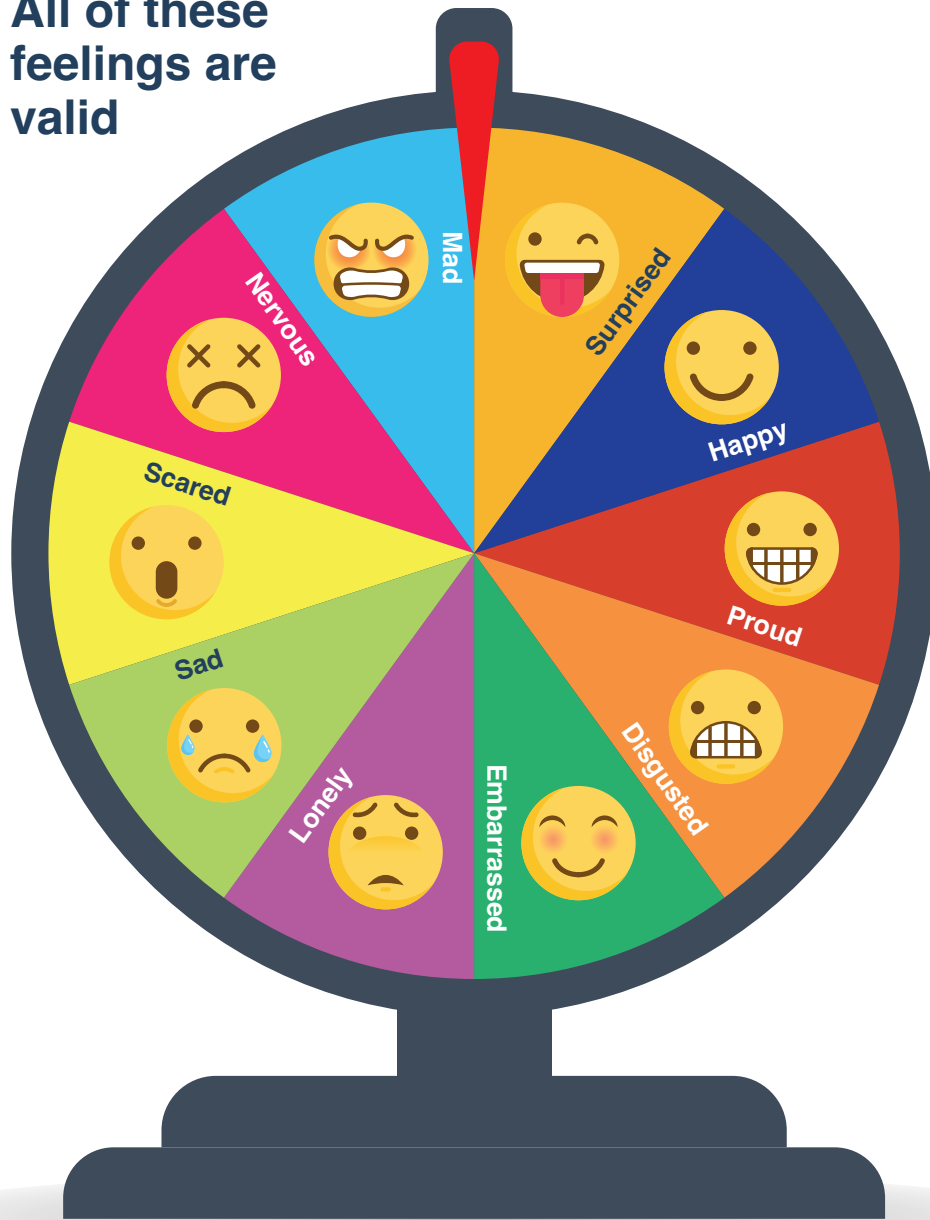
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Colour in

All of these feelings are valid



Wheel of Emotions

Write a List **Of**
YOUR
Emotions



Add
your
emoji
here



AM

PM

☐

Mon:

☐

Tue:

☐

Wed:

☐

Thu:

☐

Fri:

☐

Sat:

☐

Sun:

What makes a good friend?

.....

.....

.....

.....

List some examples, e.g. being kind, reliable etc



.....

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.....

Draw yourself and your friends



Me and my friends now

Me and my friends in 10 years from now

Budgeting

What do you spend your money on?

.....

.....

What do you plan on saving for?

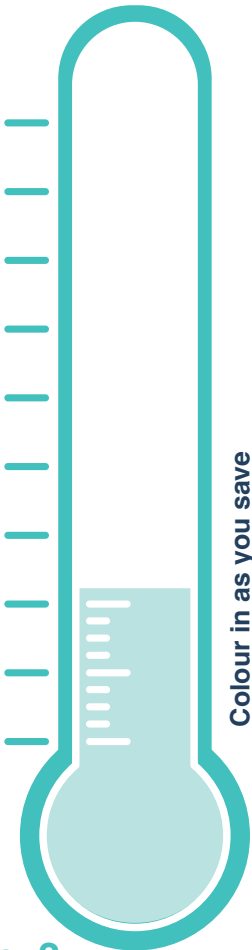
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How could you earn and save more money?

.....



HAVE I



Had enough sleep

Taken time for interests

Connected with friends

Organised learning

Completed an outdoor activity

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

☐ ☐ ☐ ☐ ☐ ☐ ☐

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Add your own

.....

.....



☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ ☐ ☐ ☐ ☐ ☐ ☐



SLEEP Tracker

How many hours sleep did you have each night? Draw an emoji below for how you felt each morning

Hours

Emoji

Mon:

Tue:

Wed:

Thu:

Fri:

Sat:

Sun:

Make a **sleep plan**

What could you do to get a better night's sleep?



.....

.....

.....

.....

.....



How do you now feel when you wake up in the morning?

.....

.....

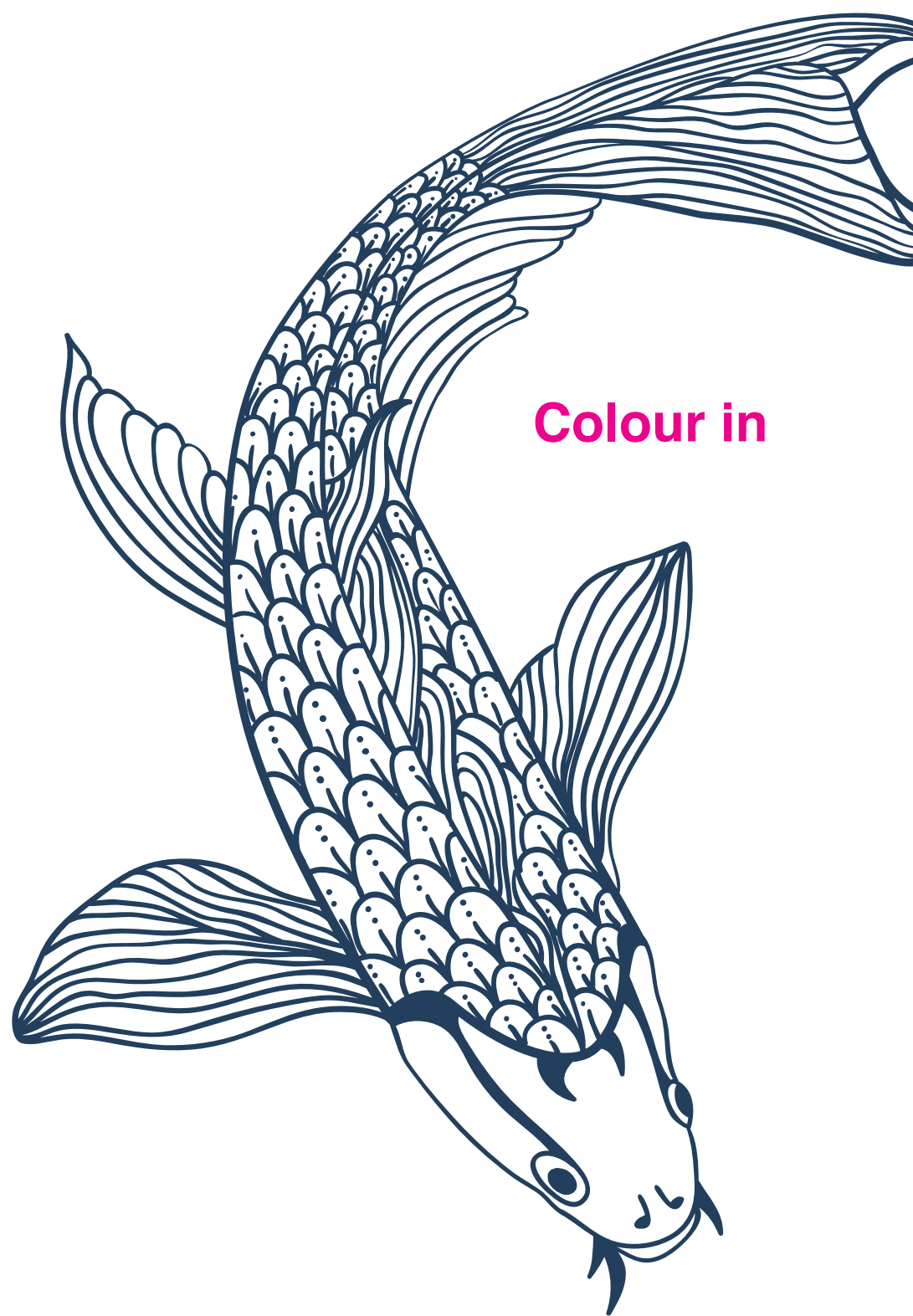
Celebrity Friends

Write the names of the celebrities you
would like to be friends with in the mirror

Why are they your role model?

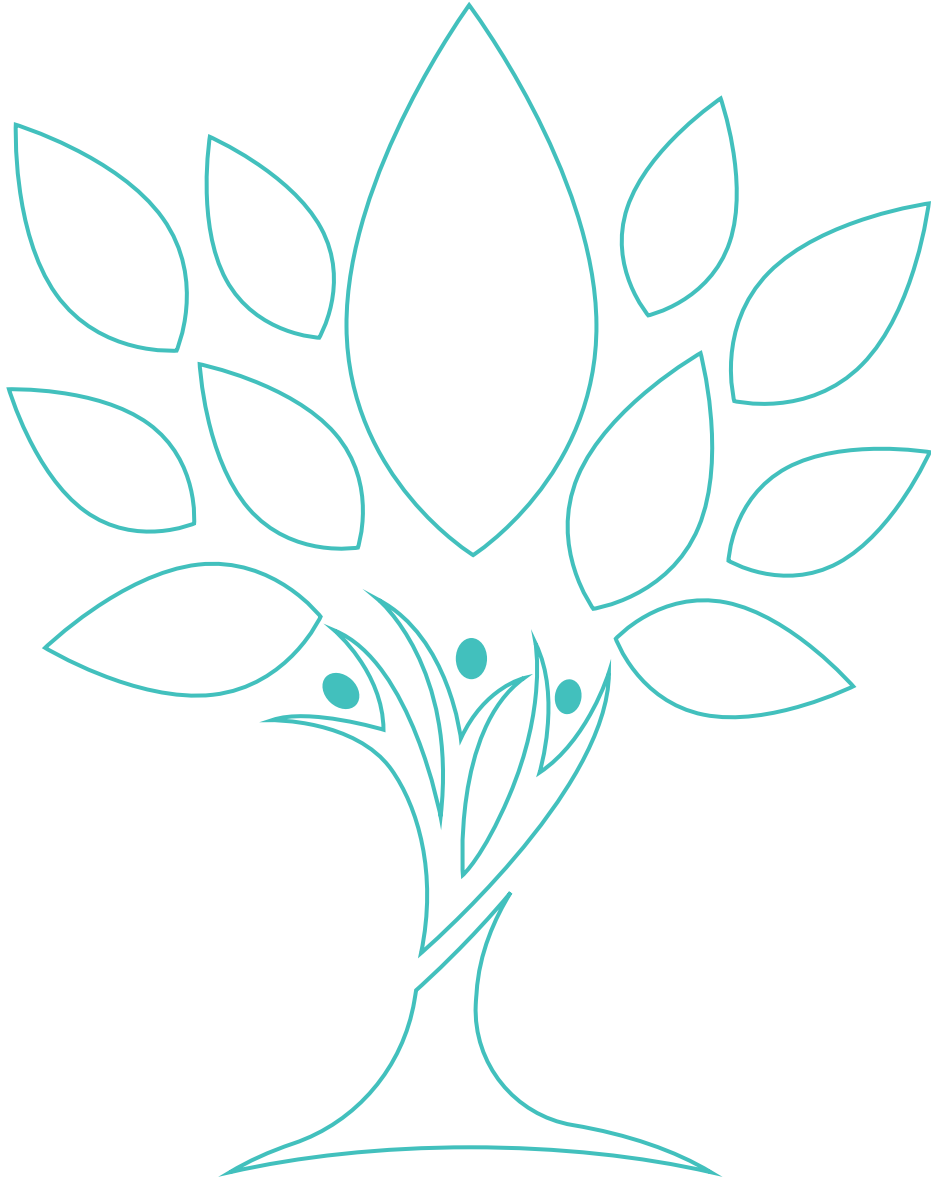


Colour in



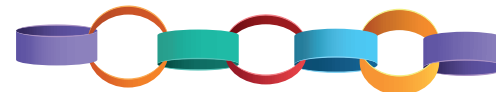
Who Supports You?

Add their names to the tree. Write on the branches and trunk or add some more leaves



My Important Links

Draw links to where you feel you belong. This may be clubs, school, family etc



RESILIENCE FRAMEWORK

Basics

-  Good Housing
-  Money to live
-  Being safe
-  Transport and getting to places
-  Healthy diet
-  Exercise and fresh air
-  Enough sleep
-  Play and hobbies
-  Not being judged

Belonging

-  Find somewhere you feel like you belong
-  Find your place in the world
-  Spend time with good people and in good places
-  Keep relationships going
-  More healthy relationships the better
-  Take what you can from relationships where there is some hope
-  Get together with people you can rely on
-  Responsibilities & obligations. For example: looking after your brother/sister or going to school
-  Focus on good times and places
-  Understand what has happened in your life
-  Predict a good experience of someone or something new
-  Make friends and mix with other people

Learning

-  Make school or college work as well as possible
-  Engage mentors
-  Plan out your future
-  Organise yourself
-  Highlight achievements
-  Develop life skills

Coping

-  Understand right from wrong
-  Be brave
-  Solving problems
-  Focus on the good things in life. Put on your Positivity Glasses!
-  Find time for your interests
-  Calming down and making yourself feel better
-  Remember tomorrow is another day
-  Lean on others when necessary
-  LOL Have a laugh

Core self

-  Instil a sense of hope
-  Understand other people's feelings
-  Know and understand yourself
-  Take responsibility for yourself
-  Find time for your talents
-  There is existing help and solutions for problems, use them

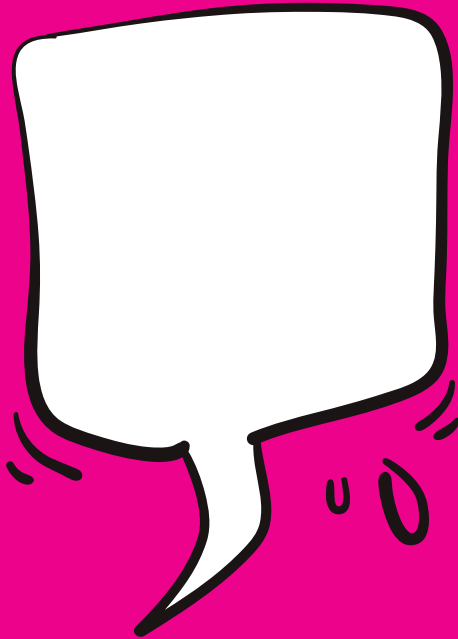
Noble truths

-  Accepting
-  Conserving
-  Commitment
-  Enlisting

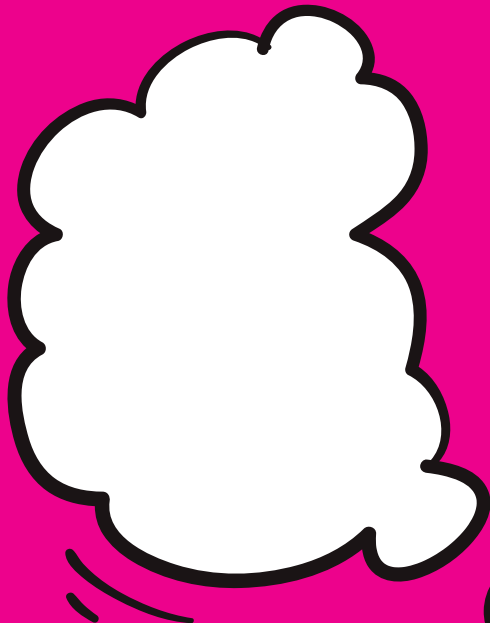
“Quotes”

Add your own favourite friendship quotes to the speech bubbles

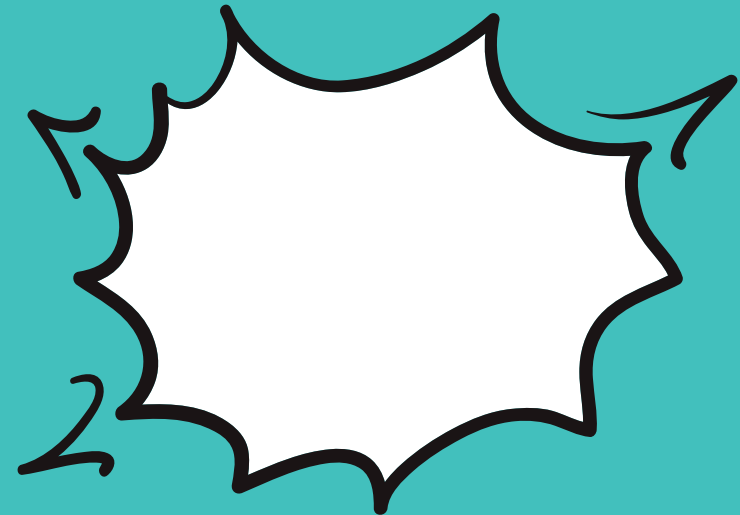
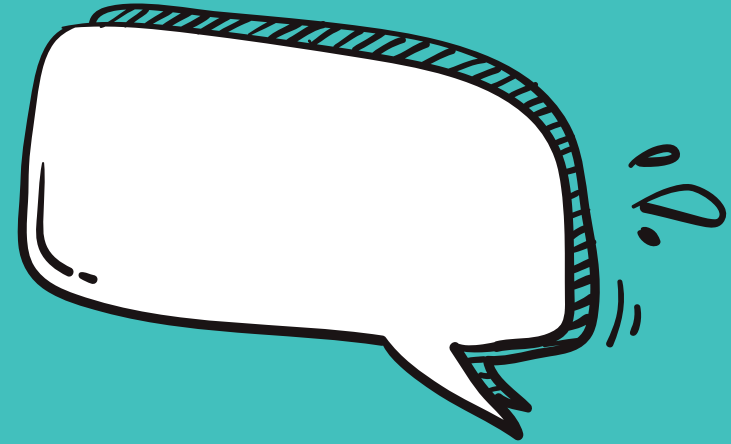
“Friendship
isn't a big thing
- it's a million
little things”



“There is nothing
better than a
friend, unless
it's a friend with
chocolate!”



Ask
your
friends
to write
some
quotes!





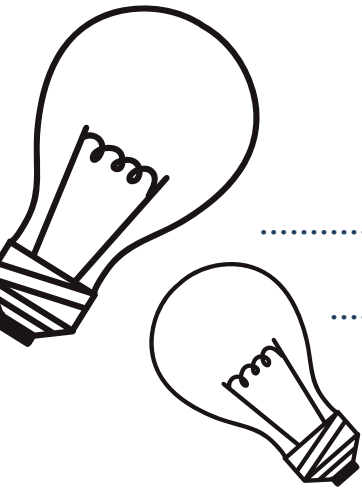
Who inspires me?

INSPIRATIONAL
PEOPLE

What do they say or do that inspires me?

.....

.....



How are we similar?

.....

.....

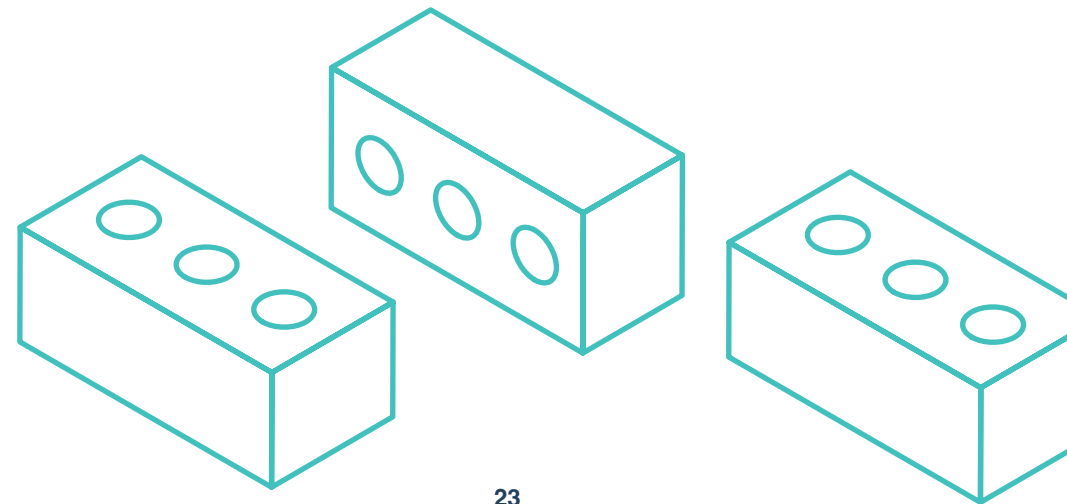
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Building Positive Habits

Write the positive habits you already
have in the brick wall

Eat healthily		

Write the positive habits you would like
to develop in these bricks



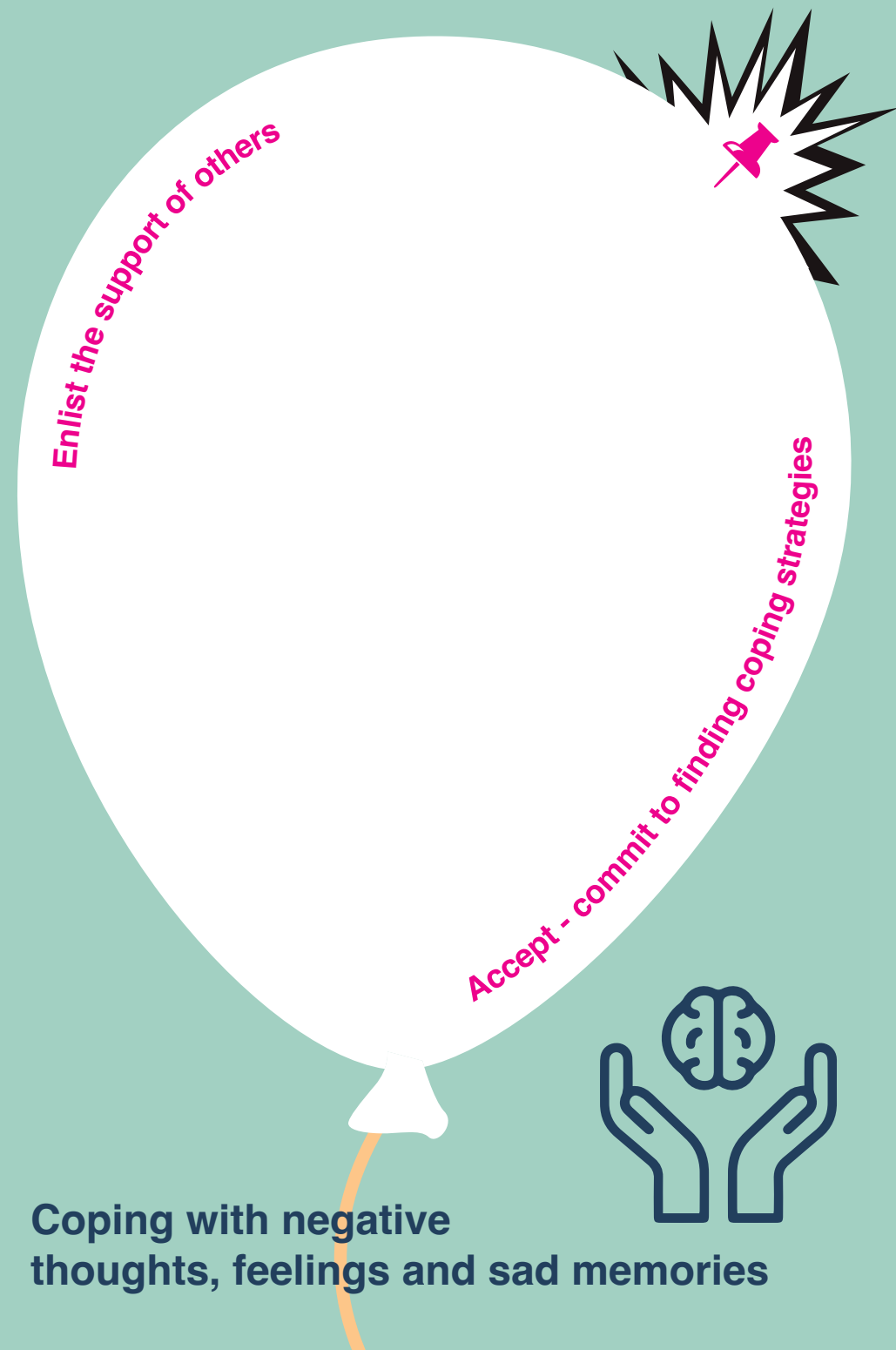
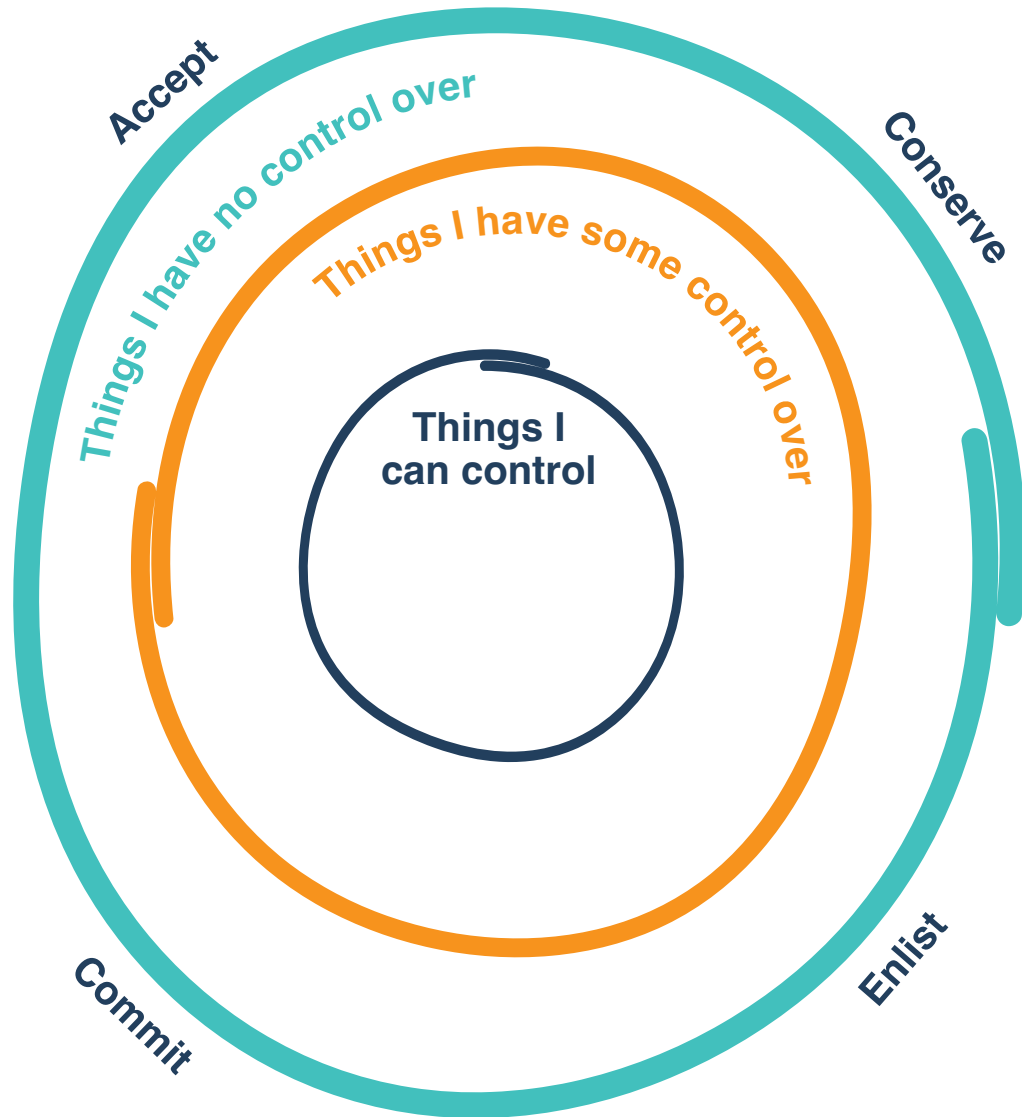
Control Circle

Add your own examples

No control, e.g. Covid-19

Some control, e.g. how often I talk with friends

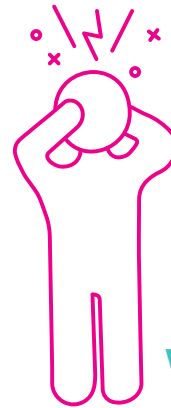
Can control, e.g. my words and my decisions



Reflection Doors

Write down something that has happened on the closed doors

Write in the open doors how you could have acted differently and how you would like to respond next time



Coping with Anxiety

When I feel anxious my body.....

I notice that I feel anxious when.....

Coping Skills

These are some coping skills that may help my friends and me

Draw or write on the other side of the box what helps you cope

Have a laugh

Breathe in 4 out 8

Make a stress toy

Look at waves

Count to 50

Draw a giraffe

Colouring

How well do you know your local community?



Score 2 points for each question you have an answer for



TOTAL

☐

Do you know the name of your local Member of Parliament (MP)?

☐

Have you held a fund-raising event for a local organisation?

☐

Do you know the name of your local councillor?

☐

What else? ☐

☐
☐
☐
☐
☐
☐


Do you volunteer at any local organisations such as Beavers / Scouts / Brownies / youth club? List below

☐

Do you know where your local recycling area is located?

☐

How many of these have you done to change local services?

Signed a petition ☐

Written a letter ☐

Made a poster ☐

Completed a survey ☐

Other.....

What local groups do you belong to?

☐

.....

.....

Activism

Greta Thunberg is a Swedish environmental activist who is known for challenging world leaders to take immediate action on climate change

Are you aware of any other people who have tried to make changes to something that is unfair in society?

What is activism?

Fighting for a cause

Strong morals

Youth parliament

**Co-production -
bringing different
people together
to solve problems
together**

Creating and signing petitions

Joining the school council

**Engage with people
in power who
make decisions
(e.g. meet with the
Headteacher)**

Becoming an activist

You don't need to be famous to make society fairer for all. Being an activist can be good for your mental health and wellbeing

What do you see as unfair in society?

30

How can you make other people care and try to fix the problem?

My activist plan:

Educate yourself • Plan and enlist support • Take action

Write your own plan here:

Stay open minded • Stay curious • Be brave • Enlist help
Educate yourself and raise awareness of others
Express yourself • Donate time • Stay committed
Don't tire yourself out

Write a list of things you could do in your school or community to make improvements

Example
Organise a
litter-pick
and spread
the word



VOLUNTEERING

You can make a difference to your local community. Below are some examples of where you could volunteer



Make your own. Draw around your own hand and write 5 places you could volunteer

(Check the minimum legal age required)

How are you going to make this happen?

RESILIENT MOVES PLANNER

Setting Goals

1

2

3

4

5

6

7

8

9

Do you have an ultimate goal?

10

"BEATING THE ODDS
whilst also changing the odds"

Hart et al (2016)

This means building our individual resilience and
changing systems that contribute to adversity

How would you imagine your life if you were feeling
RESILIENT?

.....

.....

Is there an area of the Resilience Framework you
could focus on more?

.....

.....

What will you try to do to change an unfair system
during the coming months?

.....

.....



Goals

Write your hopes for your future in the clouds

Travel

Home

Family

Job/Career

Education

RESILIENCE
REVOLUTION

Who developed this guide?

Ready, Set, Resilience was co-produced by a whole team of people including students and staff at St Mary's Catholic Academy in Blackpool, UK.

Many thanks also to Newham HeadStart Youth Panel for advice and suggestions during the consultation phase of creating the booklet.

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For more information, feedback or if you would like to commission us to run a session based on activities in the guide, please contact info@boingboing.org.uk



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HEADSTART



RESILIENCE
REVOLUTION

READY SET RESILIENCE



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HEADSTART



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resilience research and practice