

# Resilience Cards

Sort the cards into the two piles of 'Like Me' and 'Not Like Me', looking at each of the resilience cards in turn with the child and categorising them as you work your way through the pile.

Pause for discussion as appropriate, utilising wondering aloud, exploratory and reflective phrases such as: "That's an interesting card, could you tell me a bit more about x", "I wonder what 'I feel safe' means to you?" "Can you tell me a bit more about what you do to keep fit and healthy?" etc.

Next, ask the child if there are any cards from their 'Not Like Me' pile that they would like to change, categorising these cards under the statement heading: 'I would like to have'.

Try to resist offering solutions and, instead, utilise collaborative problem-solving techniques to support the child to visualise and articulate what they would like these changes to look like.

For example, "What would you need to feel included at school", "What would having lots of friends look like?", "What would help to make the learning more enjoyable?" etc.

Taking together the key areas of resilience discussed, including areas of existing strength and protection as well as areas of resilience in which the child would like to see change occur, devise a 'My Wellbeing Plan' with the child and their network to enhance and safeguard resilience into the future.

Created in partnership between

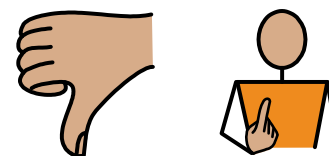


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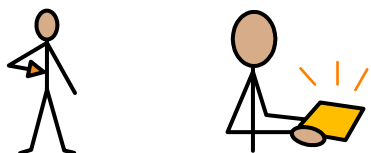
Like

Me



Not Like

Me



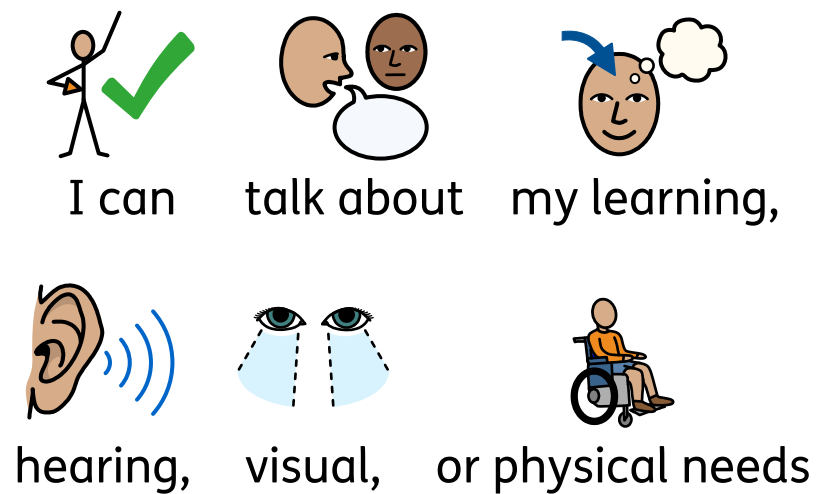
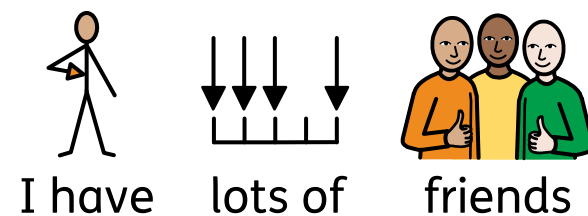
I would like to have

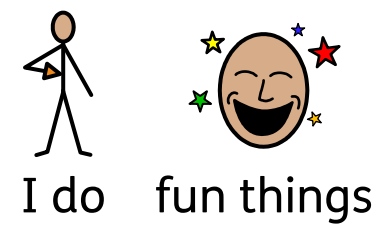
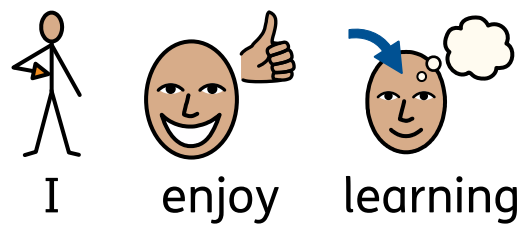
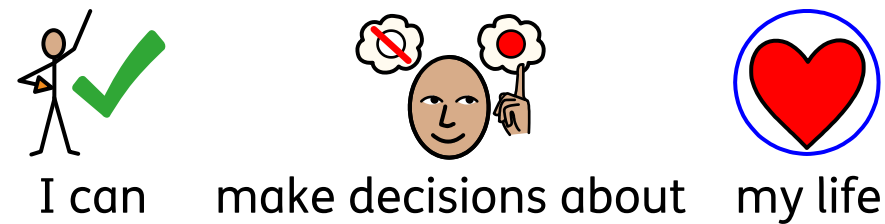
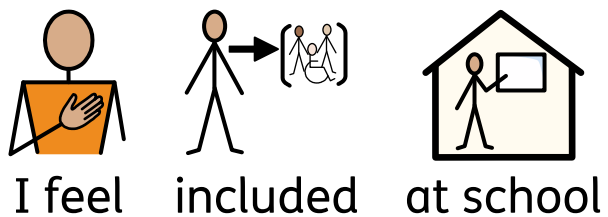


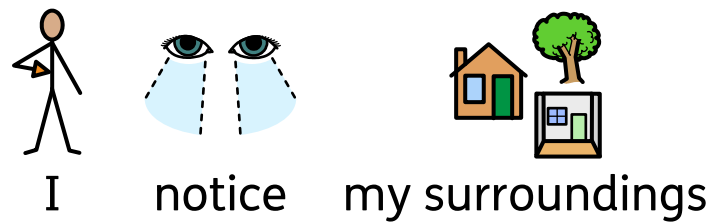
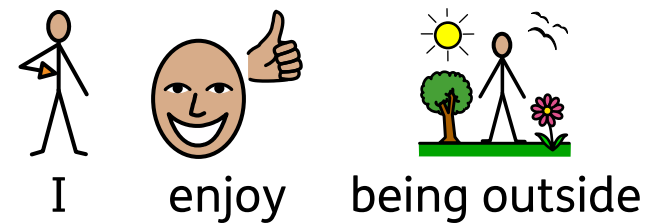
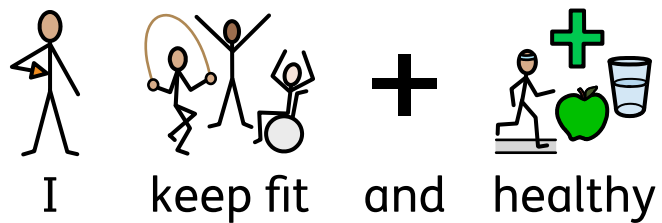
I feel happy


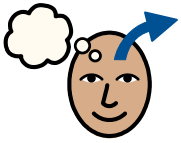





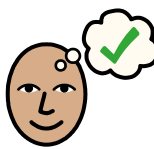

and comfortable






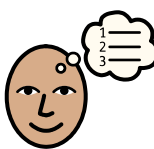




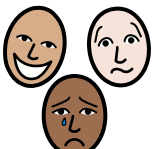



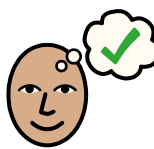






  
 I remember to be kind to myself






  
 I know who is



  
 in my web of support




  
 I have strategies to cope



  
 with difficult emotions





  
 I know what helps me




  
 to feel calm and relaxed