



Strengths

My strengths – Resilience Muscles

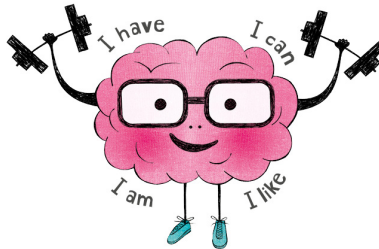
Share what you think your strengths are, ask them to think about (on their own, in pairs or small groups) their own strengths using the Resilience Muscles:

I have: people and relationships I have in my life that support me in some way: people I trust, people I can rely on, friends, family, etc.

I am: my strengths, e.g. I am funny, I am kind, I am curious, I am tolerant, etc.

I can: things I am good at, e.g. I remember things easily, I can run for a long time, I can solve maths problems, I am good at telling jokes, etc.

I like: things that I enjoy doing, such as sports and hobbies, reading, playing video games, etc.



My goals

Encourage them to set a goal/goals for things they would like to do or learn this year. They could create a poster or vision board to display at home.



Independent Activity

Self-care time

Following your self-care plan, try to build in at least 30 minutes per day to switch off and do something you enjoy - read a book, watch your favourite TV programme, exercise or listen to music.

