## **Basics**



Good Housing



Money to live



Being safe



Transport and getting to places



Healthy diet



Exercise and fresh air



Enough sleep



Play and hobbies



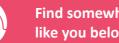
Not being judged



# **Belonging**

Find your place in the world

More healthy



Find somewhere you feel like you belong





Spend time with good people and in good places

Keep relationships going



Take what you can from



Get together with people





brother/sister or going to school Focus on good times

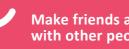




Understand what has happened in your life

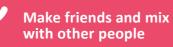


Predict a good experience of someone



Accepting

or something new



# Learning

RESILIENCE FRAMEWORK



Make school or college work as well as possible



**Engage mentors** 



Plan out your future

**Organise yourself** 



Highlight achievements



**Develop life skills** 

Remember tomorrow is another day



Commitment

Lean on others when





Conserving







Find time for your interests

Coping

from wrong

Be brave

Understand right

Solving problems

in life. Put on your

**Positivity Glasses!** 



LT

Calming down and making yourself feel better





necessary

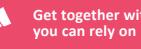


Adapted from Hart & Blincow with Thomas 2007 www.boingboing.org.uk. Co-designed with Marton Primary's Resilience Committee



relationships where there is some hope

relationships the better



### Appendix 5(b)





Instil a sense of hope



**Understand other** people's feelings





Know and understand yourself



Take responsibility for vourself



Find time for your talents



There is existing help and solutions for problems, use them







NATIONAL LOTTERY FUNDED