Basics



Good Housing



Money to live



Being safe



Transport and getting to places



Healthy diet



Exercise and fresh air



Enough sleep



Play and hobbies



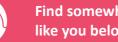




Belonging

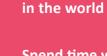
Find your place

More healthy



Find somewhere you feel like you belong





Spend time with good people and in good places

Keep relationships going

relationships the better



Take what you can from



relationships where there is some hope Get together with people





Focus on good times and places

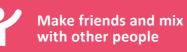


Understand what has happened in your life



.00.

Predict a good experience of someone or something new



Accepting

RESILIENCE FRAMEWORK



work as well as possible



Engage mentors



Plan out your future

Organise yourself



Highlight achievements



Develop life skills

Remember tomorrow is another day



Lean on others when necessary



Have a laugh







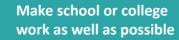






Adapted from Hart & Blincow with Thomas 2007 www.boingboing.org.uk. Co-designed with Marton Primary's Resilience Committee











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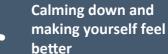
Find time for your interests

in life. Put on your

Positivity Glasses!

Solving problems





Coping

from wrong

Be brave

Understand right











Appendix 7(b)



NATIONAL LOTTERY FUNDED

resilience research and practice