

Look for exceptions

What Went Well over the past day/week/month?

"When/Where were you not anxious about...?"

"When/Where did you feel less anxious about...?"

"What helped you to cope? What was different?"



Provide positive affirmations

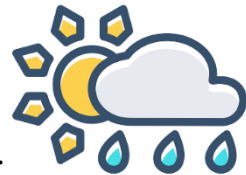
Display messages of acceptance, empathy and hope using a colourful notice board, a personalised advent calendar or a special jar.

Reframe current struggles

"You're getting better at this".

"What are you finding hard at the moment?"

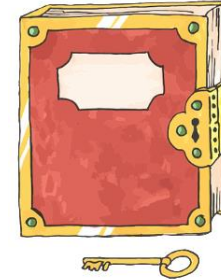
"We just need some more practise with..."



Reminders of success & happy times

Make a scrapbook of photos, drawings, paintings, compliments, stickers and certificates.

Keep a treasure chest of souvenirs and keepsakes - pebbles from the beach; tickets; restaurant napkins.



Promote a resilient sense of self

I HAVE...family who love me; friends who understand me; a safe home/school.

I AM...honest; loyal; funny; hard-working; patient; trustworthy; creative.

I CAN...ask someone for help; take some deep breaths and try again.



Schedule time for Flow - tasks which are truly absorbing & fulfilling

Arts and craft; puzzles and construction activities; working together with peers on a project or online game; reading a favourite book; indulging in special interests through podcasts and YouTube.

Help them to travel in time

Create goals by writing/drawing about an ideal future. Where will the young person be? With whom? Doing what? How would they notice that it's different?

Make a time capsule with concrete evidence of positive memories and examples of skills, activities and resources which helped them cope with adversity.



Recognise strengths and positive qualities in visual & creative ways

Jenga, dominoes or jigsaw pieces.

Magnetic letters on a fridge.

Bracelets and necklaces.

Acronyms of the child's name.

KIND