

BUILDING RESILIENCE



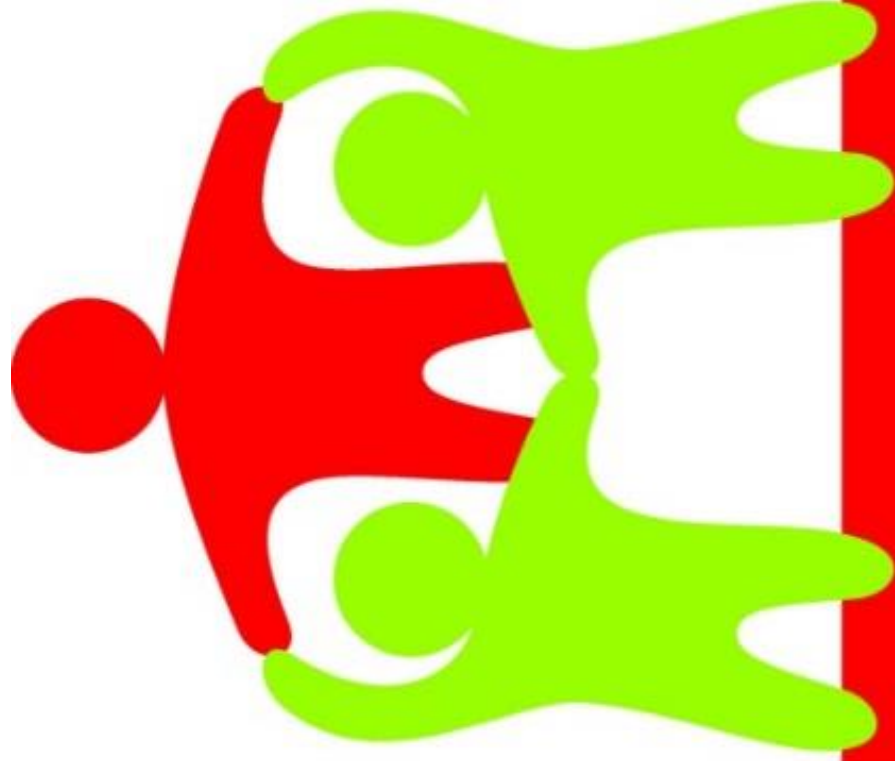
Key messages



BE RESILIENT

Key messages:

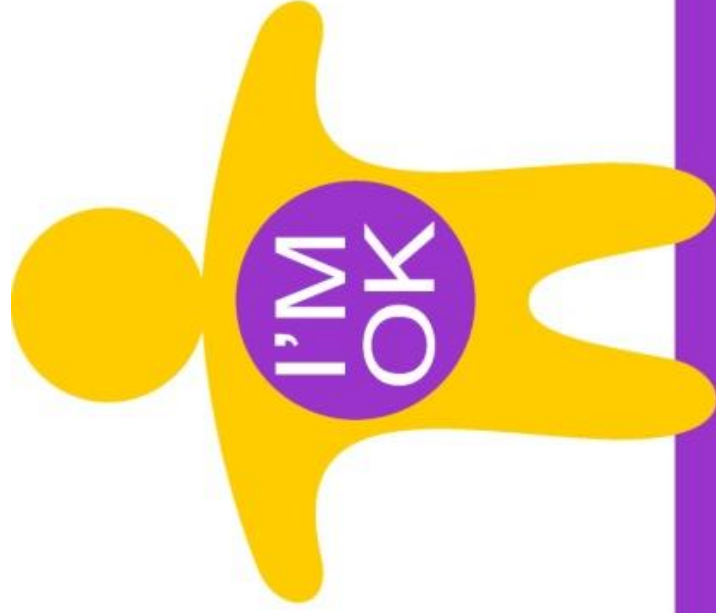
- Everyone goes through ups and downs in their life
- We can learn to be more resilient
- Resilient people cope better with difficulties



KEEP CONNECTED

Key messages:

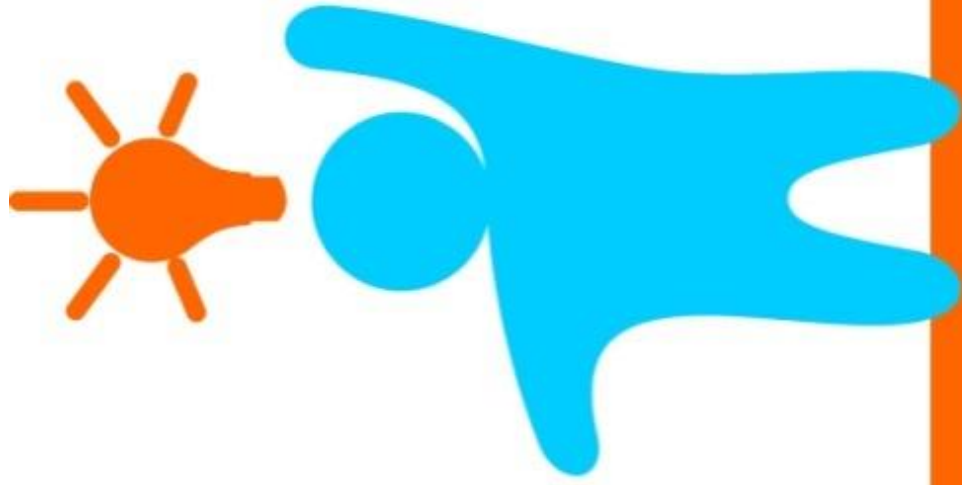
- Relationships are important for our health and wellbeing
- Belonging to a group can be a good way to build friendships
- Good relationships are a two-way thing



RESPECT YOURSELF

Key messages:

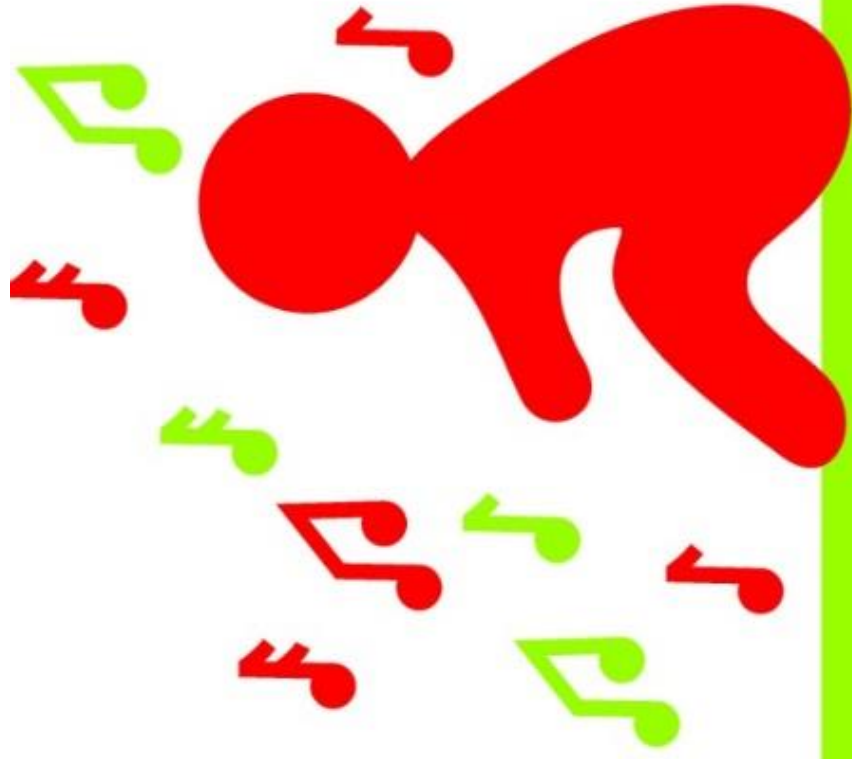
- There is no-one quite like me
- Everyone has different strengths
- I treat myself with respect



CHALLENGE
YOUR MINDSET

Key messages:

- Who we are and what we are good at is not fixed
- The way we think, feel or learn shapes our brain
- I can change through the choices I make



TAKE A MOMENT

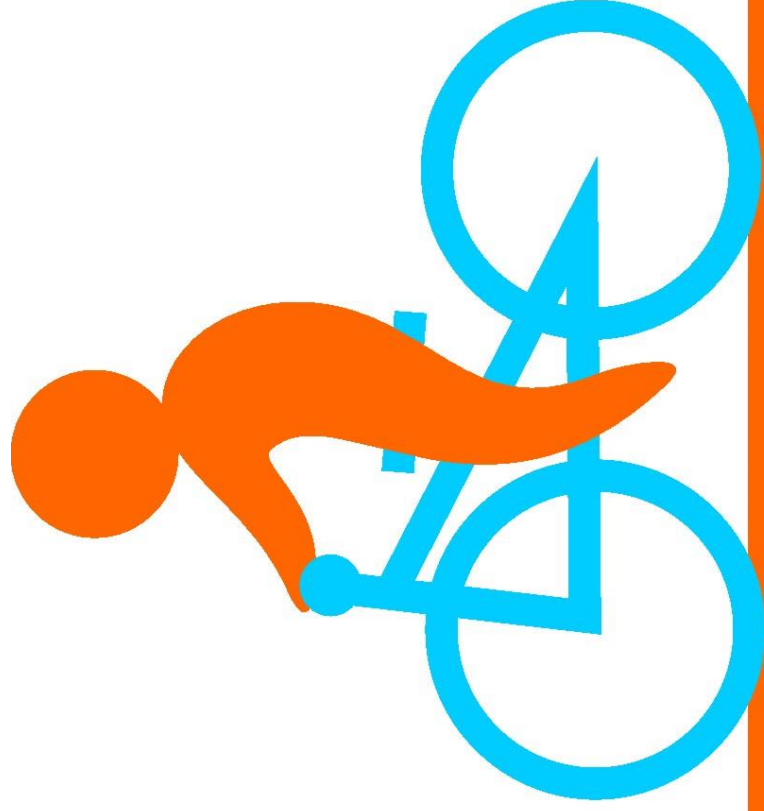
Key messages:

- We all experience a range of emotions every day
- Sometimes we feel stressed
- I have ways to help me cope



Key messages:

- At times we all feel worried
- If worries are not dealt with, they can sometimes get out of control
- If you are struggling, it is important to ask for help



GET ACTIVE

Key messages:

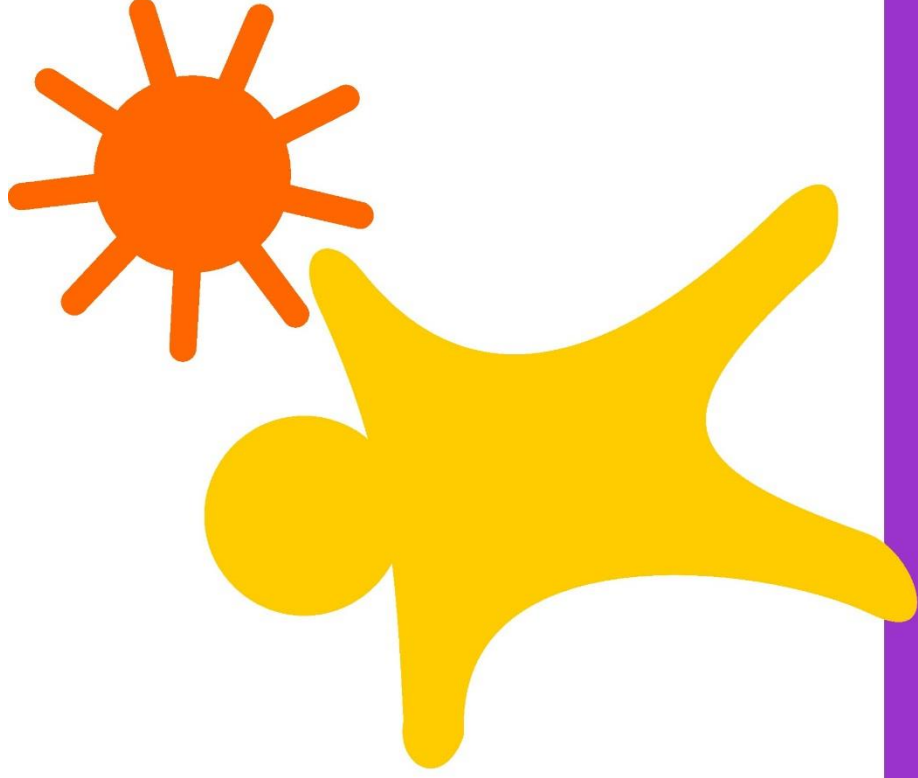
- Being active is not only good for the body but also for the mind
- I have a range of hobbies and interests that I enjoy doing
- Doing anything new involves taking a risk



MAKE A DIFFERENCE

Key messages:

- Things humans do have an impact on the world
- Children can contribute to solving problems in the world
- Small things can make a meaningful difference



**LOOK ON THE
BRIGHT SIDE**

Key messages:

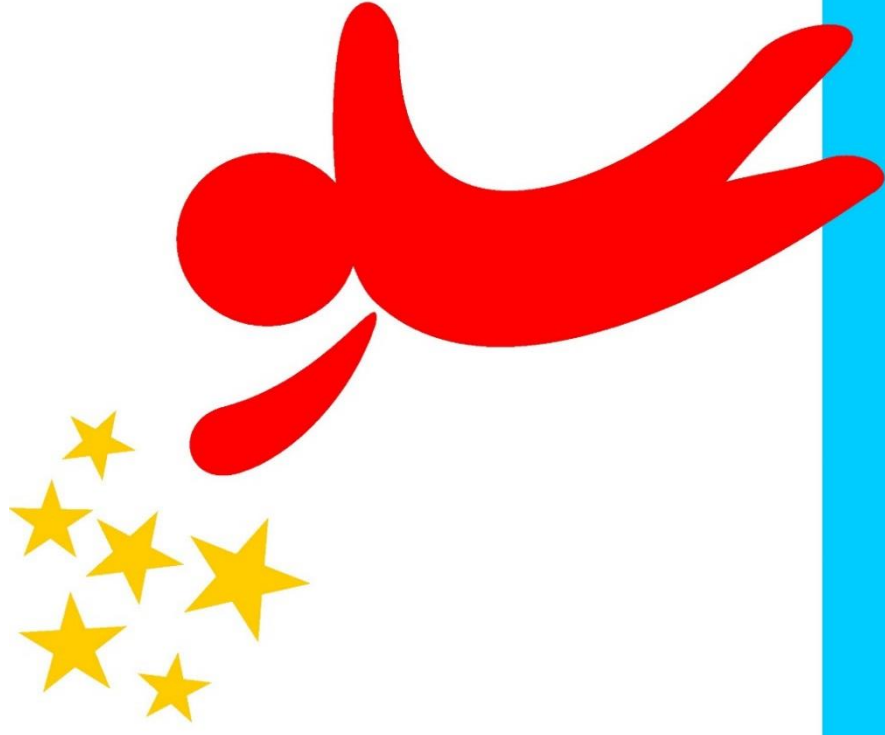
- The way you think can affect the way you feel
- There are different ways of looking at the same thing
- Focusing on what you are grateful for can help



BE KIND TO OTHERS

Key messages:

- Kindness makes a difference to ourselves and others
- Being unkind hurts others, and it hurts us too
- It is important to be kind to yourself



HAVE A GOAL

Key messages:

- Setting a realistic goal helps to motivate us
- Sometimes we fail or make mistakes, and that's okay!
- It is important to celebrate achievement