



Harvey McMillan Associates

K.P Healthy Habits

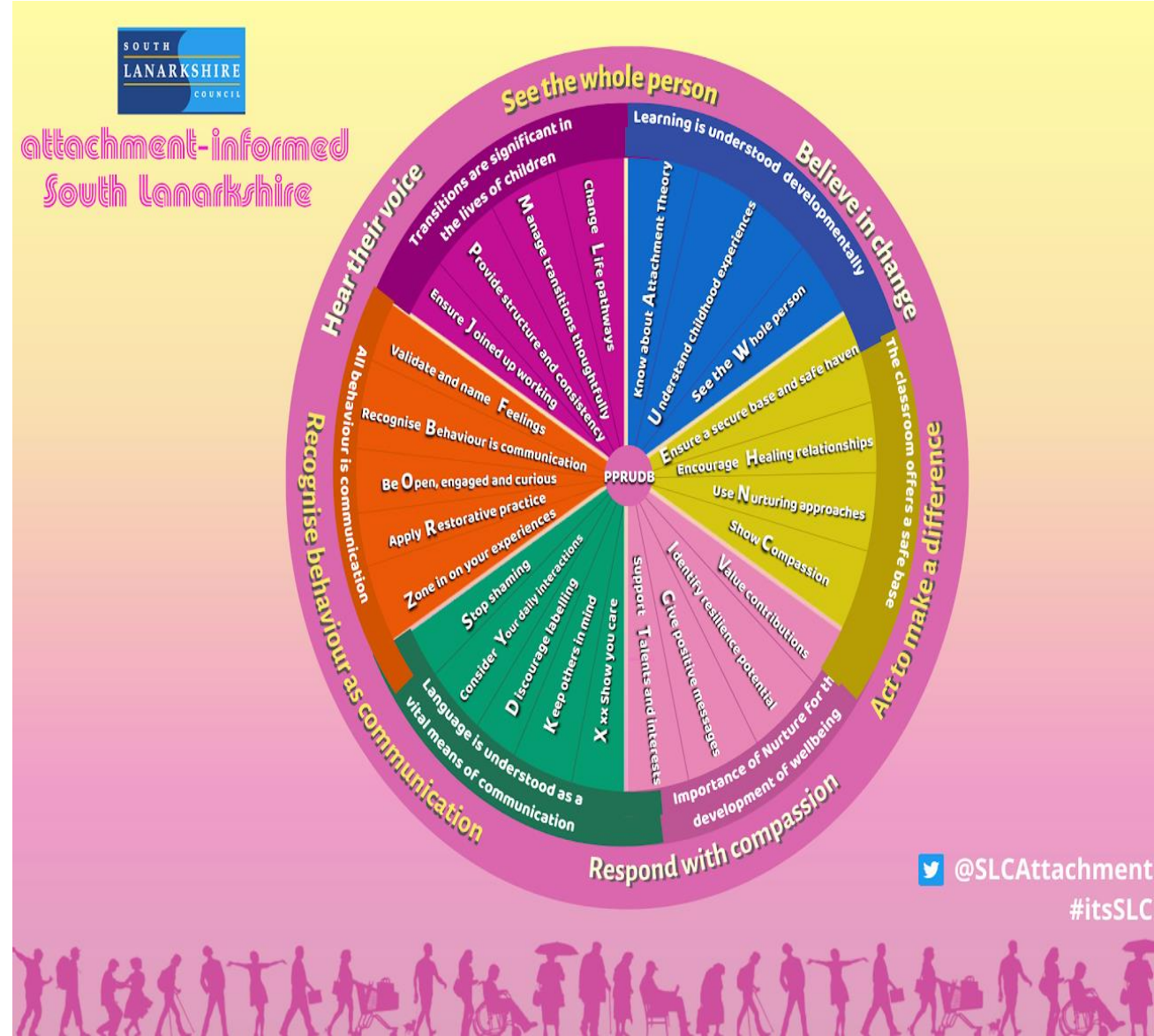
Building inner strength and wellbeing through the
Resilience Alphabet



This resources have been adapted for use in Kirklandpark Primary School.

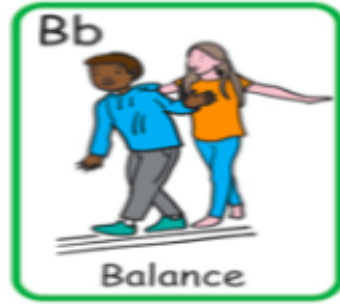
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K.P Healthy Habits

Week Beginning 15.05.23



When something changes, we may need to change something we do, when we do it, or stop doing it for a while to respond. We may do something different or start something new.

At Home: Try a familiar task differently, such as brushing your teeth with a different hand, was this easy or hard? You might try a new game with a family member.

Balance is having the right amount of something. If we lean too far one way, we need to come to the middle or we will fall over. Or when we exercise a lot we need to rest and recover.

At Home: Write down two things you would like to do more of and less of this week e.g. read more, spend more time outdoors, use less screen time or have less sugary snacks. Write them down somewhere that will help to remind you. Talk to an adult about how easy or tricky this was to do this week and how it made you feel.

Sometimes we are able to make choices for ourselves and sometimes adults make choices for us to keep us safe, happy and healthy. Making responsible choices can sometimes be tricky but we know that they are important in helping to keep our bodies and minds healthy.

At Home: Make a healthy lifestyle choice at home e.g. choose a new recipe to make with your family or choose to take part in some exercise together.

Downtime gives us the chance to spend a little time doing what we want – or doing nothing! It can be like a little 10 minute holiday just for you.

At Home: Get cosy in your favourite place in your home or garden, spend some time relaxing there. You could draw, read or listen to some music.

We know that exercise is important to give us a healthy body both inside and outside. Like plants we need fresh air and sunshine to grow and feel good, so getting outside to exercise is important for us too.

At Home: Take part in some exercise with a family member, this could be a dance party in the kitchen, a walk in the fresh air or an online exercise video.

Parent/ carer Signature: _____

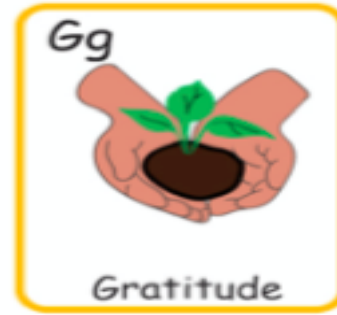
K.P Healthy Habits

Week Beginning 22.05.23



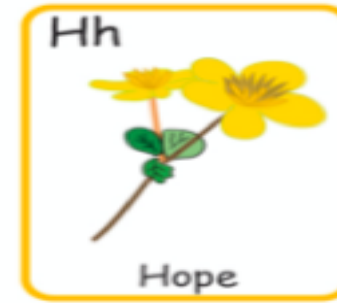
Fun is when we do something that makes us feel happy. It can be something we like to do by ourselves. It can be something we do indoors or outdoors. No matter what is happening, it is good to have times of fun and enjoyment.

At Home: What do you like to do for fun as a family? Write down a 'Family Fun' list to try this week. This could include playing in the garden, snuggling up with a book, playing a board game, taking turns to choose a song to play during meal times etc.



Gratitude means taking time to be thankful for all the things we have and are. Even when things are a little tough for us, it's a good idea to remind ourselves that we can breathe, and we can enjoy nature.

At Home: Take a mindfulness walk this week, focus on the little things that you can see, hear, feel and smell along the way. If you have time you could make a Thank You card for someone special to you.



Hope is when we are looking forward to something good or happy in the future. It can be soon or it can be further away. We might be looking forward to a sunny day tomorrow, to play with our friends at the weekend or a special occasion like a birthday.

At Home: Discuss something you are looking forward to today, this weekend and this month.



Intention means thinking about something we want to do and deciding to do it. Sometimes we can be sad and frustrated when something we want to do is not possible. At other times we can be happy that something we intend to do is possible and is even more fun than we expect.

At Home: Set a healthy intention for the week, this might be a certain number of steps each day, an earlier bedtime or to try a new food.

Parent/ carer Signature: _____

K.P Healthy Habits

Week Beginning 29.05.23



A journal is simply a way to capture your thoughts. You might want to write or draw what you are doing or have done during the day, what has been good about your day or about how you are feeling. You can complete a journal every day, or when you feel like it!

At Home: Using a device or by drawing pictures. Write a 'Journal' of your day using emojis!

Being kind is when you do something nice for someone else, or someone else does something kind for you. Sometimes it's good to be kind to ourselves. Kind people are good friends and look out for us when we are sad or when we are feeling down. We can be kind to other people too.

At Home: What does being kind look like at home? Discuss with someone in your family the things that each family member does that are kind. Choose one thing you are going to do this week to be kind to yourself.

Laughter is a great way to make us feel good and makes lots of muscles in our faces move. I wonder when you last had a great big laugh? We know that one person laughs out loud, it sends messages to the brains of the people around us and they sometimes start laughing too.

At Home: What has made you laugh this week? Can you share one of the jokes you heard today with your family?

When we think about all the bones, muscles and brain cells in our bodies and how they all move together it is amazing! Bodies are made for moving so let's get active.

At Home: Use items you have in the garden or house to create an obstacle course to get moving or you could try drawing this with chalk on the pavement.

Parent/ carer Signature: _____

K.P Healthy Habits

Week Beginning 5.06.23



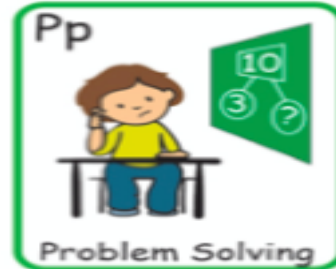
No is a tiny word and is one of the first sounds that babies make. Although small, it can have a big impact so we have to be careful with it. It is a good idea to add 'Thank you' after it. Sometimes our parents or teachers say 'No' and we are disappointed. Sometimes we want to say 'No' too, so don't forget to say Thank You.

At Home: Imagine that your parents/ carers could not say no for a day what would you have for breakfast, lunch and dinner, what would you do? Where would you go?



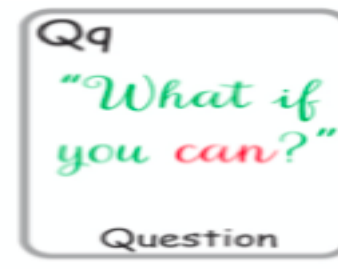
When we are open we are able to share with others what we are thinking and how we are feeling. We usually find this easier with someone we know well. The good thing about being open is that someone else knows how we are and might be able to think things through.

At Home: With a family member share one thing that made you happy, excited and proud this week.



When we have a problem we can feel stuck. Problem solving is a skill that is useful when we face a challenge or puzzle. The more we practise problem solving the better we become.

At Home: Make a jigsaw with a photographs or page from a magazine, build something from construction or household items, write a scavenger hunt for someone else or build a tower using playing cards.



Questions have many purposes. Some questions help us to find out information, some help us to find our way; and some help us to know what we are allowed to do. Some days we ask lots of questions and sometimes we don't really ask questions at all.

Home: Your child will interview a member of the family using the questions they created today as a class. These can be found as a comment on the K.P Healthy Habits Google Classroom post or in your child's homework diary.



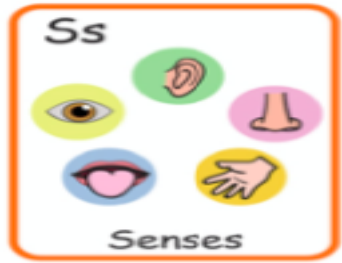
We remember when we think back on something that has already happened. It is good to look back on good times with our friends and families, sometimes looking through old photographs can help us to do this.

At Home: Look through some old photographs with a family member and talk about the things you remember, what is happening in the photograph? Who is there? Where are you? How did you feel?

Parent/ carer Signature: _____

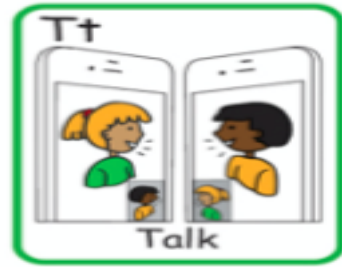
K.P Healthy Habits

Week Beginning 12.06.23



Our senses are how we explore life. If we have all of our senses we can see, hear, touch, feel, taste and smell. Some people are not able to use all of their senses so it helps that there are five. Our senses help us to make sense of the world and sometimes we rush through the day and don't use all of them.

At Home: Choose one of your senses to explore and either ask an adult to set up a senses challenge or set one up for another family. Some ideas include placing a number of objects from around your home inside a bag, can you work what they are just by feeling them? Take part in a blind taste test or use only your smell to work out different items.



Talking is a great idea when we have good news to share, or when we are worried about something. When we share good news, it is like doubling the happiness. When we tell someone our worries, it is like sharing the worry and can make us feel better. Talking is a great way to build inner strength and help us be OK.

At Home: Invite a family member for a catch up! Arrange a time when you are both free to sit down and have a chat without any distractions or go for a walk together. You might wish to arrange to talk to a family member who lives far way on the phone or video call.



Uncertain means when we are not sure about something. We feel safer when we are certain about what is going to happen or we are doing things we have done. Sometimes when we are uncertain it is a good idea to think about all the things we have done before. Sometimes when we are uncertain it is a good idea to think about all the things we are certain of.

At Home: Talk about a time you felt uncertain or unsure about something new e.g. your first day of a new club or new class and how was this different the second time? How did that feel in your body (*body sensations*) and what are some things that *trigger* this feeling? These are words we use to describe our feelings in class as part of our Emotion Works programme.



Vulnerable means we may be in need of special care. Sometimes we are sick and someone needs to look after us, are frightened and we need a hug or sometimes we are upset and feeling a bit sad. When we are vulnerable it's a good idea to tell someone so they can help us.

Home: Talk to an adult at home about what makes you feel better when you are feeling upset and vulnerable, give someone you love a big hug and say thanks for being there for you.

Parent/ carer Signature: _____

K.P Healthy Habits

Week Beginning 19.06.23



When we wish, we can imagine all the things we'd like to do, or places we would like to visit one day. A wish is like a dream. Sometimes our wishes come true and sometimes they haven't come true yet. The great thing about a wish is that it's ours and we can imagine it how we like it.

Home: When you are out and about this week have a look out for any dandelions, close your eyes and make a wish.



A xylophone is a musical instrument. Playing music and singing can be really good for our health and well being and can help our brains to grow and be active. We can also listen to music even if we don't normally play and instrument or sing.

Home: Take turns to choose a song or radio station during meal times or on car journeys this week.



You is for someone special who is different from every other person in the universe. That is YOU! You are so precious it is important that you take care of yourself and all the letters in this Resilience Alphabet have been written for you, to give you some ideas about how to build your inner strength so you can stay OK, well and happy.

Home: Just like in class draw a picture of yourself but this time ask your family members to write the things they like about you, things you are good at doing and what makes you YOU!



A zebra is an animal that looks a bit like a white horse but with black stripes. Did you know that the stripes on every zebra are different from all the other zebras? The zebra in the picture is having a little problem with his stripes. Sometimes being different can be a bit difficult for us and like the zebra we need to remember its ok to be different.

Home: What do you have in common with your family members, think of one thing that is the same and one this that is different between you and everyone in your home.

Parent/ carer Signature: _____

Resilience Alphabet

Martha Simpson

Illustrated by Phil Wong

Aa



Adapt

Bb



Balance

Cc



Choice

Dd



Downtime

Ee



Exercise



Ff



Fun

Gg



Gratitude

Hh



Hope

Ii



Intention

Jj



Journal

Kk



Kind

Ll



Laughter

Mm



Move

Nn



'No' Thank You

Oo



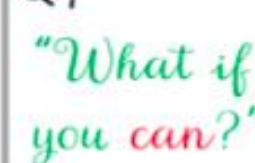
Open

Pp



Problem Solving

Qq



Question

Rr



Remember

Ss



Senses

Tt



Talk

Uu



Uncertain

Vv



Vulnerable

Ww



Wish

Xx



Xylophone

Yy



You

Zz



Zebra

Protective Factors...

Each letter of the Alphabet will be outlined with one of the colours opposite to show a Protective Factor which relates to that letter...



What is Resilience?

What is resilience? It is the ability to keep going when things don't go as we expect, and to have a good way of talking about, and thinking about our feelings.

Having resilience means we can look after ourselves and prepare ourselves for whatever might happen.

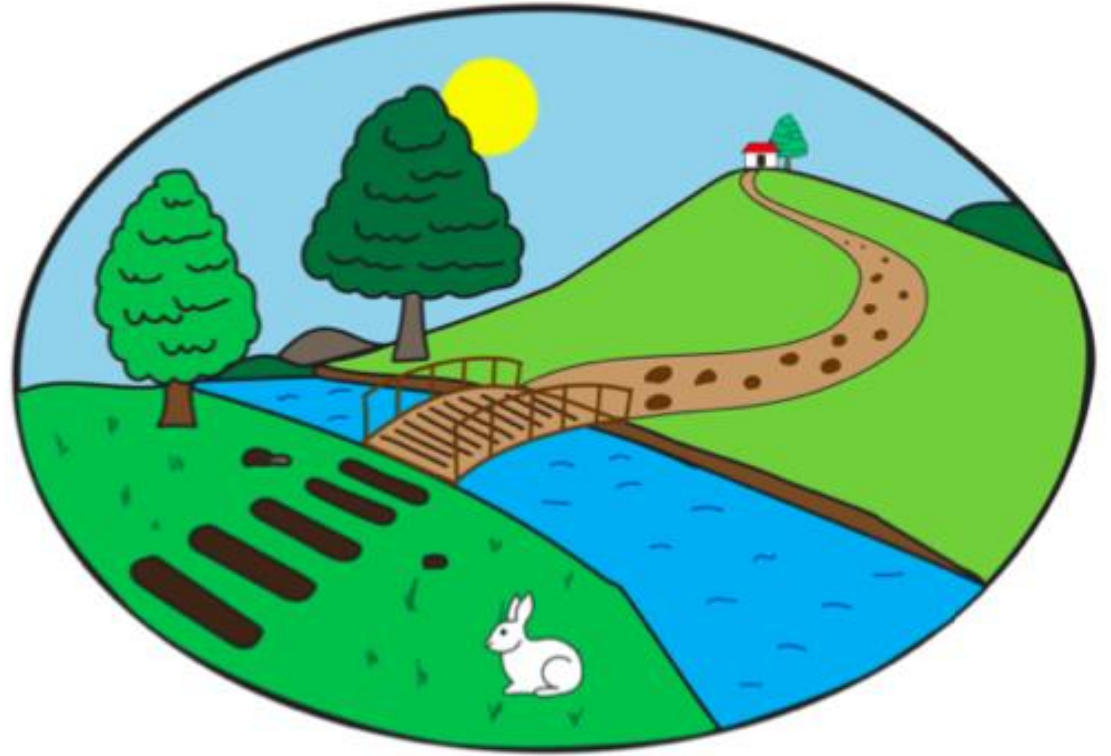
Failing helps us to learn what doesn't work!



Building resilience

Building our resilience is about building inner strength so we can take care of our mental, physical and emotional health.

It helps us get to where we want to go and overcome the obstacles on the way.



What helps?

I have strengths and supports that can help me when things get hard.

Sometimes:

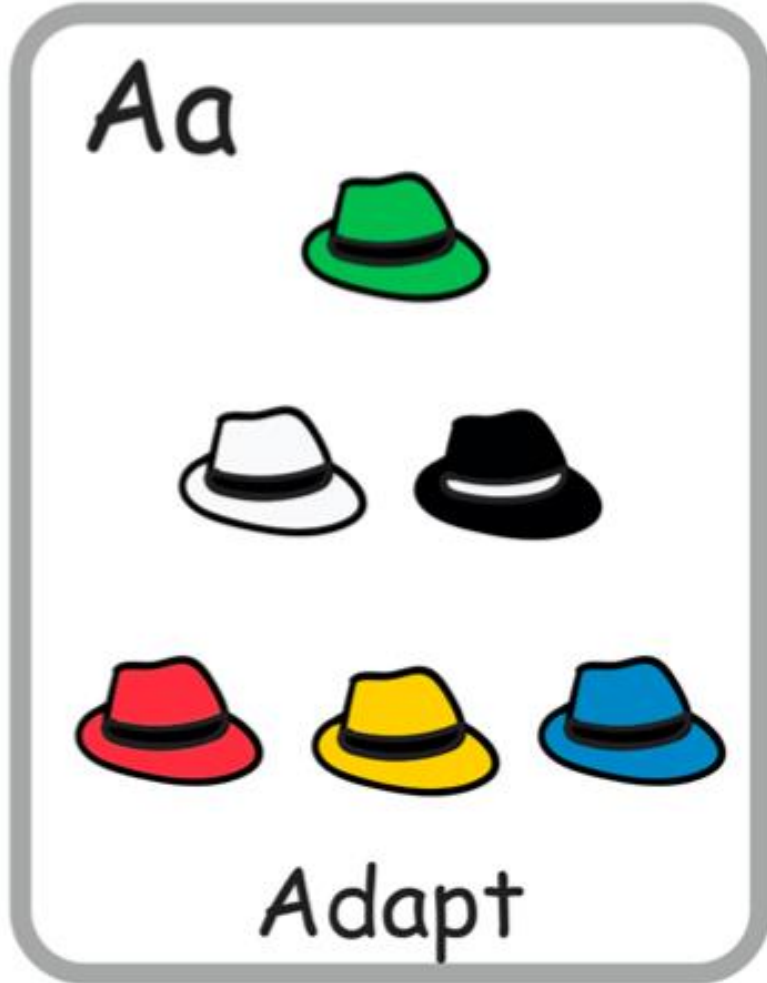
- support can come from people around me like friends, teachers and family
- I can find my own strength and help myself too

This toolkit will help to give me tips and remind me:

You will see that each of the letters from A-Z match one of the colours of the hands



A is for Adapt



When something changes, we may need to change something we do, when we do it, or stop doing it for a while to respond. We may do something different or start something new.

Think: What things are you doing at the moment that are new or different from normal?

Say: “Every day I’m learning how to adapt by doing things differently.”

Do:

Classroom: using a whiteboard and pen or a piece of paper draw a simple picture e.g. a person, a house, a tree etc. Now try closing your eyes and doing the same thing. Notice how this feels different.

Playground: play a new game or with a different person from your class.

Home: Try brushing your teeth with a different hand. Or try a new game with a family member.

B is for Balance



Balance is having the right amount of something. If we lean too far one way, we need to come back to the middle or we will fall over. Or when we exercise a lot, we need to rest to recover.

Think: Are you able to balance school time with family time; screen time with talk time; time with others with time alone?

Say: "Today I'm balancing what I do for myself with what I do for others."

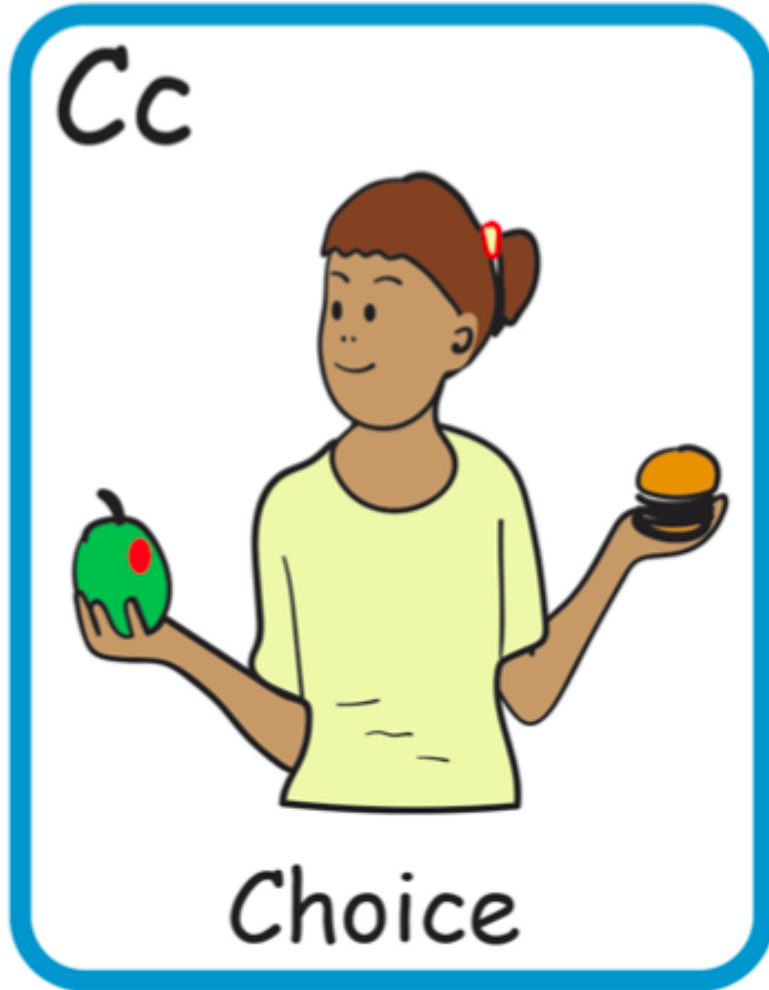
Do:

Classroom: write down two things you would like to do more of and less of in school, playground and at home.

Playground: share your ideas with a friend or count how many seconds you can balance on one leg for.

Home: Write down two things you would like to do more of and less off this week e.g. read more, spend more time outdoors, use less screen time or have less sugary snacks. Write them down somewhere that will help to remind you. Talk to an adult about how easy or tricky this was to do this week and how it made you feel.

C is for Choice



Sometimes we are able to make choices for ourselves and sometimes adults make these for us to keep us safe, happy and healthy. Making responsible choices can sometimes be tricky but we know that they are important in helping to keep our bodies and minds healthy.

Think: What healthy choices have I made this week so far?

Say: "I am learning to be responsible citizen by making healthy choices".

Do:

Classroom: What choice can you make as a class to be more eco friendly this week?

Playground: Choose to play with a new friend this week.

Home: Make a healthy lifestyle choice at home e.g. choose a new recipe to make with your family or choose to take part in some exercise together.

D is for Downtime

Dd



Downtime

Downtime gives us the chance to spend a little time doing what we want – or doing nothing! It can be like a little 10 minute holiday just for you.

Think: Where is the best place in your house or garden to have downtime?

Say: "I can have a 10 minute holiday every day if I choose."

Do:

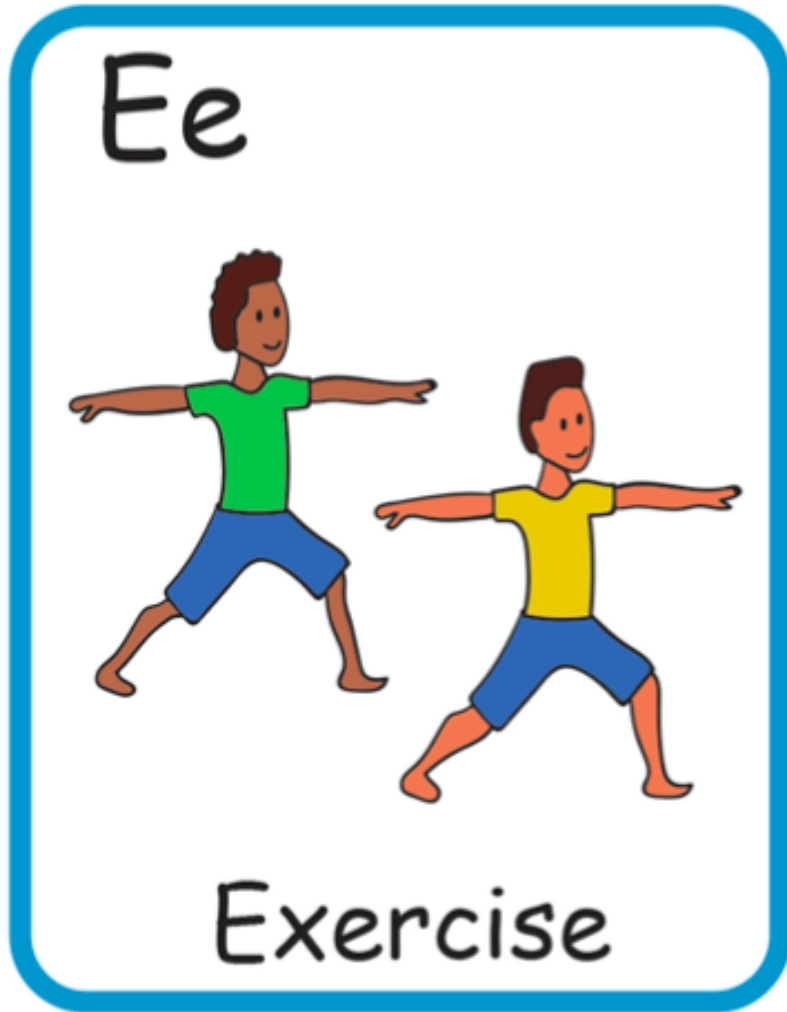
Classroom: Let's have a little break and take part in some mindfulness.

<https://youtu.be/UEuFi9PxKuo>

Playground: If you usually spend your lunch and break time on the go can you try to build in a few minutes of rest, sit with a friend and chat about your day or have a mindful minute using your 5 senses.

Home: Get cosy in your favourite place in your home or garden, spend some time relaxing there. You could draw, read or listen to some music.

E is for Exercise



We know that exercise is important to give us a healthy body both inside and outside. Like plants we need fresh air and sunshine to grow and feel good, so getting outside to exercise is important for us too.

Think: What is your favourite kind of exercise?

Say: "I am exercising every day, so my body and brain are full of energy."

Do:

Classroom: Let's take part in some exercise to increase our heart rate and boost our endorphins.

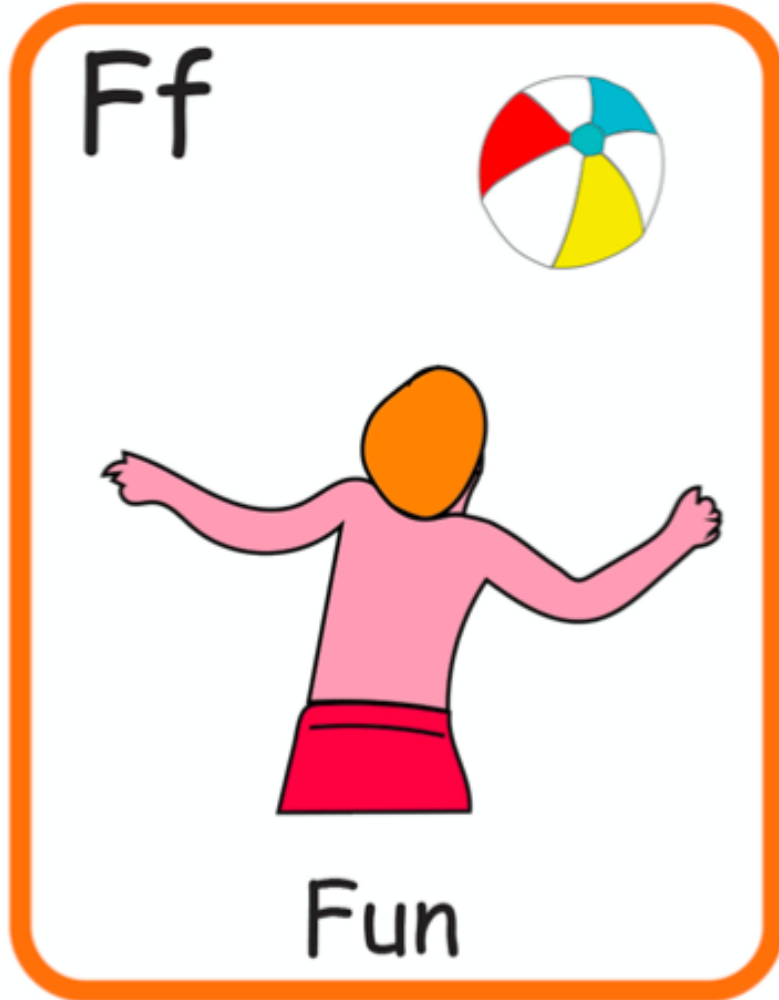
P1-3 <https://youtu.be/CD5Xa4Zt4Zc>

P4-7 <https://youtu.be/d3LPrhI0v-w>

Playground: Play follow the leader around the playgroup using different exercises or take part in a group game that will increase your heart rate.

Home: Take part in some exercise with a family member, this could be a dance party in the kitchen, a walk in the fresh air or an online exercise video.

F is for Fun



Fun is when we do something that makes us feel happy. It can be something we do with others or something we like to do by ourselves. It can be something we do indoors or outdoors. No matter what is happening, it is good to have times of fun and enjoyment.

Think: What have you done over the last week that has been fun for you?

Say: "Today I am choosing to have fun!"

Do:

Classroom: Spend five minutes playing your favourite class game together.

Playground: Have a look around the playground, is everyone having fun? Invite someone to join in a game with you.

Home: What do you like to do for fun as a family? Write down a 'Family Fun list to try this week. This could include playing in the garden, snuggling up with a book, playing a board game or taking turns to choose a song to play during meal times.

G is for Gratitude



Gratitude means taking time to be thankful for all the things we have and are. Even when things are a little tough for us, it's a good idea to remind ourselves that we can breathe, and we can enjoy nature.

Think: Think about the different parts of your body and what you can do with them.

Say: "I am glad I can breathe fresh air and enjoy nature."

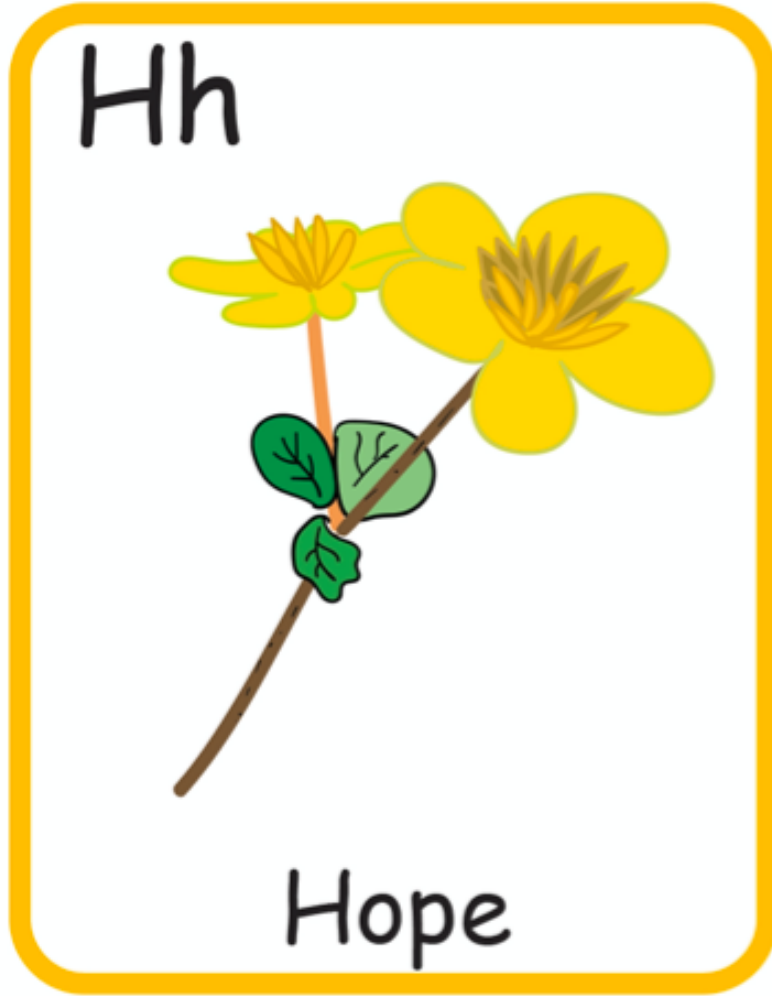
Do:

Classroom: Using your whiteboard or paper draw a large circle and split it into four sections. Fill each part of your Gratitude Wheel with something you are grateful for.

Playground: Tell a friend what you like about them, why are you grateful for their friendship?

Home: Take a mindfulness walk this week, focus on the little things that you can see, hear, feel and smell along the way. If you have time you could make a Thank You card for someone special to you.

H is for Hope



Hope is when we are looking forward to something good or happy in the future. It can be soon or it can be further away. We might hope for a sunny day tomorrow, to play with our friends at the weekend or to a special occasion like your birthday.

Think: Have you ever hoped for something really special and it came true?

Say: "Today I hope I can help make someone else smile!"

Do:

Classroom: Write down one thing you hope to achieve in school and at home by the end of the term.

Playground: Share something you are looking forward to with a friend.

Home: Discuss something you are looking forward to today, this weekend and this month.

I is for Intention

Ii



Intention

Intention means thinking about something we want to do and deciding to do it. Sometimes we can be sad and frustrated when something we want to do is not possible. At other times we can be happy that something we intend to do is possible and is even more fun than we expect.

Think: What do you intend to do today to make it a special day?

Say: "I intend to enjoy today as much as I can!"

Do:

Classroom: Decide as a class which of the four capacities you would like to focus on today. Set the intention to be *Successful Learner*, *Effective Contributor*, *Responsible Citizen* or a *Confident Individual* today. Have a class check in at the end of the day to share how you did this?

Playground: Set an intention to show kindness today, try to make someone smile.

Home: Set a healthy intention for the week, this might be a certain number of steps each day or an earlier bedtime or to try a new food.

J is for Journal



A journal is simply a way to capture your thoughts. You might want to write or draw what you are doing or have done during the day, what has been good about the day or about how you are feeling. You can complete a journal every day, or just when you feel like it!

Think: If you were going to keep a journal, what would you put in it and how often would you like to complete it?

Do:

Classroom: Using the journal prompts below write down or discuss your answers.

Name a special person in your life and why they are so important. If you could spend the day doing anything what would you do? If you could choose a colour to show how you feel just now what would it be?

Home: Using a device or by drawing pictures. Write a 'Journal' of your day using emojis!

K is for Kind



Being kind is when you do something nice for someone else; or someone else does something nice for us. Sometimes it's good to be kind to ourselves. Kind people are good friends and look out for us when we are sad or when we are feeling down. We can be kind to other people too.

Think: How many times could you be kind to someone today?

Say: "I am choosing to be a kind person today."

Do:

Classroom: Think of a person in your life who is kind. Draw the person and write around them what they do that makes them kind, keep to give to the person the next time you see them.

Playground: Can you try to do at least one random acts of kindness this week.

Home: What does being kind look like at home? Discuss with someone in your family the things that each family member does that are kind. Choose one thing you are going to do this week to be kind to yourself.

L is for Laughter



Laughter is a great way to make us feel good and makes lots of muscles in our faces move. I wonder when you last had a great big laugh? We know that when one person laughs out loud, it sends messages to the brains of the people around us and they sometimes start laughing too!

Think: What is the funniest thing that has ever happened to you that made you laugh?

Say: "Today is my day for finding something to laugh about."

Do:

Classroom: Share your favourite joke with your class.

Playground: Try to make one of friends laugh, this could be a joke, silly story or face.

Home: What has made you laugh this week? Can you share one of the jokes you heard today with your family?

M is for Move



When we think about all the bones, muscles, and brain cells in our bodies and how they all move together it is amazing! Bodies are made for moving so let's get active.

Think: How many different ways can you move today?

Say: "I am made for moving and am using all my body party today".

Do:

Classroom: Let's get our bodies moving with some yoga.

P1-3 <https://youtu.be/0hvwLdk5D5g>

P4-7 https://youtu.be/i46U7kR_KaQ *(Some of the poses might need to adapted for space).*

Playground: Work with some friends to come up with a new game to get your bodies moving.

Home: Use items you have in the garden or house to create an obstacle course to get moving. You could try drawing this with chalk on the pavement.

N is for 'No' Thank You



No is a tiny word and is one of the first sounds that babies make. Although small, it can have a big impact so we have to be careful with it. It is a good idea to add 'Thank You' after it. Sometimes our parents or teachers say 'No' and we are disappointed. Sometimes we want to say 'No' too, so don't forget to add Thank You.

Think: What are the things you'd like to say "no thank you" to?

Say: I am learning that small words can have a big impact and am learning to use them carefully.

Do:

Classroom: Sometimes it can be hard to say no to an option and make a healthier choice, can you think of a time you have made a healthier choice?

Playground: Sometimes disagreements happen when we are playing and it can be hard to say no to a friend as you do not want to hurt their feelings but it is also important to respect the decisions of others.

Home: Imagine that your parents/ carers could not say no for a day what would you have for breakfast, lunch and dinner, what would you wear, what would you do?

O is for Open



When we are open we are able to share with others what we are thinking and how we are feeling. We usually find this easier with someone we know well. The good thing about being open is that someone else knows how we are and might be able to help us think things through.

Think: Is there something that you are worried or excited about and could you share this with someone else?

Say: "My ears are open to listen to how I am feeling today and I'm learning to share with others."

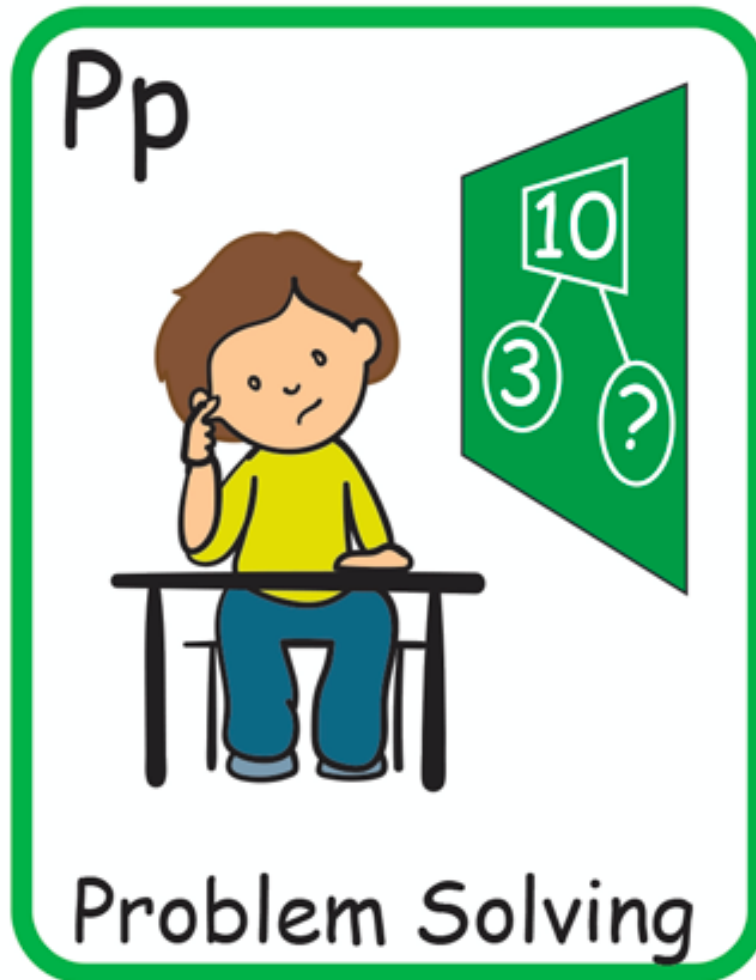
Do:

Classroom: How do you feel today? Share this with a friend.

Playground: Some classes have a Worry Box or worry monster, there is also a whole school worry monster in the atrium you can share your worries with too.

Home: With a family member share one thing that made you happy, excited and proud this week.

P is for Problem Solving



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When we have a problem we can feel stuck. Problem Solving is a skill that is useful when we face a challenge or puzzle. The more we practise problem solving the better we become.

Think: What problems, puzzles or challenges have you solved?

Say: "Every time I face a problem I will look for different ways to solve it!"

Do:

Classroom: Have a go at solving the puzzles below as a class.

P1-3 <https://www.bbc.co.uk/cbeebies/curations/cbeebies-jigsaw-puzzles>

P4-7 <https://mathigon.org/tangram>

Playground: Play I spy with a friend.

Home: Make a jigsaw with a photograph or page from a magazine, build something from construction or household items, write a scavenger hunt for someone else or build a tower using playing cards.

Q is for Question



Qq

"What if
you can?"

Question

Questions have many purposes. Some questions help us to find out information; some help us to find our way; and some help us to know what we are allowed to do. Some days we ask a lot of questions, and sometimes we don't really ask questions at all. So, like all the Resilience Alphabet letters, we have a question for you today.

Think: Who do you like to talk with most?

Say: "It's OK if I don't know things, because I can always ask a question!"

Do:

Classroom: Questions help us to find out more about someone as a class come up with five questions you are going to ask a member of your family when you interview them. *(These can be added as a comment to your Google Classroom post to P1-3 or written in their homework diaries).*

Playground: Ask your friends some questions such as what is your favourite food? Or what do you like about yourself the most?

Home: Your child will interview a member of the family using the questions they created today as a class. These can be found as a comment on the K.P Healthy Habits Google Classroom post or in your child's homework diary.

R is for Remember



We remember when we think back on something that has already happened. It is good to look back on good times with our friends and families, sometimes looking through old photographs can help us to do this.

Think: What can you remember from when you were much younger?

Say: "I am lucky if I can remember happy times!"

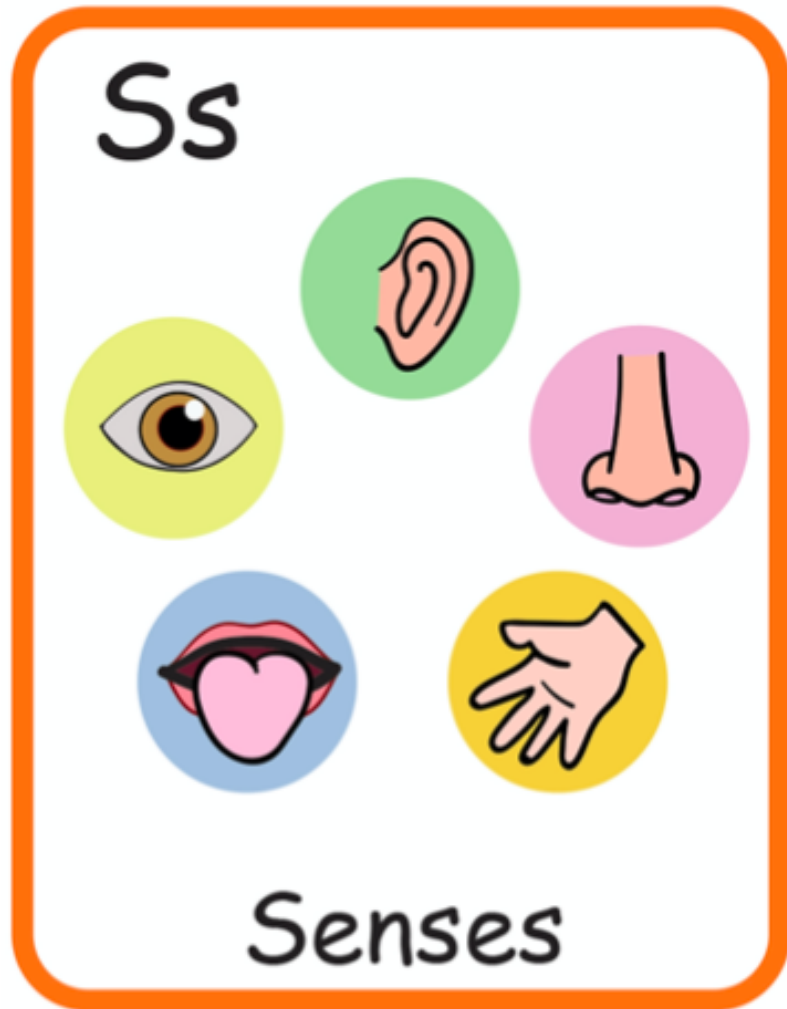
Do:

Classroom: We are in the last term in this class and will soon get the chance to meet our new classes and teachers for next year. What is your favourite memory so far from your time in your class?

Playground: What games did you enjoy playing in the playground or nursery when you were younger? Do you still play any of these now?

Home: Look through some old photographs with a family member and talk about the things you remember, what is happening in the photograph? Who is there? Where are you? How did you feel?

S is for Senses



Our senses are how we experience life. If we have all our senses, we can see, hear, touch, feel, taste and smell. Some people are not able to use all of their senses so it helps that there are 5. Our senses help us to make sense of the world, and sometimes we rush through the day and don't use all of them.

Think: Whether you are inside or outside today, stop for a few minutes and notice what you can see, hear, touch, feel, taste and smell.

Say: "Today I am learning to use all of my senses and notice all the good things around me."

Do:

Classroom: Have a mindful minute. For one minute focus on what you can see, hear, smell and touch around you. Share your ideas with your class, did everyone notice the same things?

Playground: Work with a friend taking turns to close your eyes and listen to the instructions to guide you from one part of the playground to the other.

Home: Choose one of your senses to explore and either ask an adult to set up a senses challenge or set one up for another family e.g. place a number of objects from around the house inside a bag can you work out what they are just by feeling them, take part in a blind taste test or use only your smell to work out different items.

T is for Talk



Talking is a great idea when we have good news to share, or when we are worried about something. When we share good news, it is like doubling the happiness. When we tell someone our worries, it is like sharing the worry and can make us feel better. Talking is a great way to build our inner strength and help us be OK.

Think: Of all the people you know, who do you like to talk with the most?

Say: "I will talk with someone when I feel worried about something."

Do:

Classroom: Let's have a chat! Move seats to sit next to someone different this could be someone you don't talk too often or someone you talk to a lot. Talk about anything you like!

Playground: This week try to talk to someone in the playground you have never spoken to before. Say hello and introduce yourself.

Home: Invite a family member for a catch up! Arrange a time when you are both free sit down and have a chat without any distractions or go for a walk together. You might wish to arrange to talk to a family member who lives far away on the phone or video call.

U is for Uncertain



Uncertain means when we are not sure about something. We feel safer when we are certain about what is going to happen or we are doing things we have done before. Sometimes when we are uncertain it is a good idea to think about all the things we are certain of.

Think: Can you think of something you do now that you enjoy, that you were uncertain of the first time you did it? For example, walking.

Say: "When I feel uncertain I will think about all the things I am certain of."

Do:

Classroom: Write down one thing you are certain that will happen in school today, one thing that might happen and one thing that is certain not to happen.

Playground: Share a time you have felt uncertain with a friend.

Home: Talk about a time you felt uncertain or unsure about something new e.g. your first day of a new club or new class and how was this different the second time? How does that feel in your body (*body sensations*) and what are some things that *trigger* this feeling? These are words we use to describe our feelings in class as part of our Emotion Works programme.

V is for Vulnerable



Vulnerable means we may be in need of special care. Sometimes we are sick and someone needs to look after us, are frightened and we need a hug or sometimes we are upset and feeling a bit sad. When we are vulnerable it's a good idea to tell someone so they can help us.

Think: When you are vulnerable, who can help you?

Say: "When I feel vulnerable, I will let someone know so they can help me."

Do:

Classroom: If you are feeling like this in school who can you talk to? What might you do to feel better?

Playground: Can you be a special friend this week and help anyone in the playground who feels sad or lonely?

Home: Talk to an adult at home about what makes you feel better when you are feeling upset and vulnerable, give someone you love a big hug and say thanks for being there for you.

W is for Wish



When we wish, we can imagine all the things we'd like to do, or places we would like to visit one day. A wish is like a dream. Sometimes our wishes come true, and sometimes they haven't come true yet. The great thing about a wish is that it's ours and we can imagine it how we like.

Think: If you had a magic wand, what would you wish for?

Say: "One day, some of my wishes will come true."

Do:

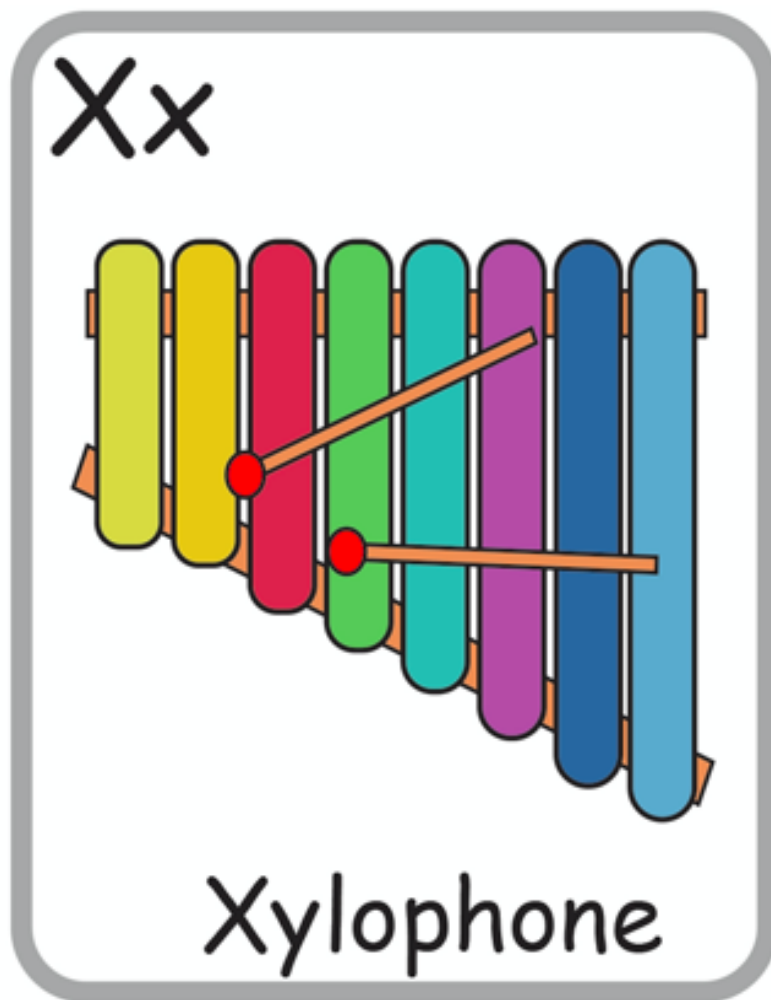
Do:

Classroom: Draw your hand and write or draw in each finger what you would wish for if you had a magic wand.

Playground: Share your special wishes with a friend.

Home: When you are out and about this week have a look out for any dandelions close your eyes and make a wish.

X is for Xylophone



A xylophone is a musical instrument. Playing music and singing can be really good for our health and well-being and can help our brains to grow and be active. We can also listen to music even if we don't normally play an instrument or sing.

Think: What kind of music do you like to listen to?

Say: "Music can help my brain to grow and feel positive."

Do:

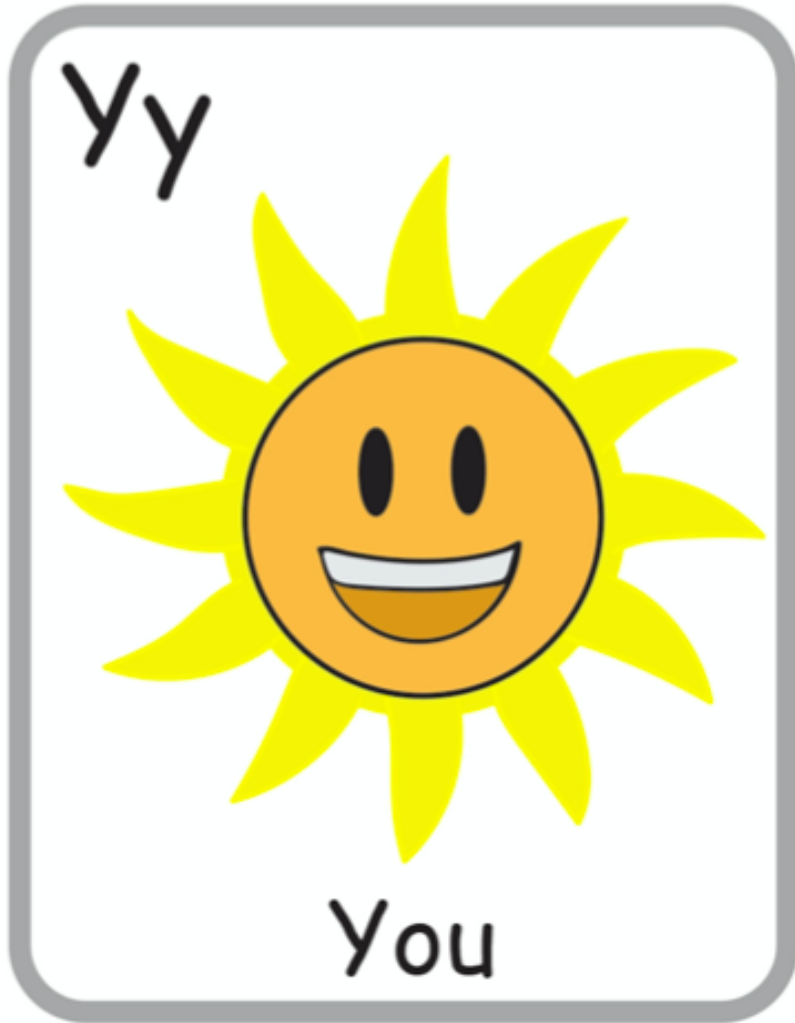
Do:

Classroom: Take a vote on an upbeat song you would like to listen to as a class some suggestions are Can't stop the Feeling, Happy or Try Everything.

Playground: Discuss your favourite songs with your friends or create your own short dance routine to a song you know well.

Home: Take turns to choose a song or radio station during meal times or on car journeys this week.

Y is for You



You is for someone special who is different from every other person in the universe. That is YOU! You are so precious it is important that you take care of yourself and all of the letters in this Resilience Alphabet have been written for you, to give you some ideas about how to build your inner strength so you can stay OK, well and happy.

Think: What is the thing you like best about yourself?

Say: "Every day I'm learning to be my best self!"

Do:

Classroom: Draw a picture of yourself and write all the the things you like about yourself, things you are good at doing and things that other people tell you you are good at. (*Keep this somewhere safe we will be looking at it again tomorrow*).

Playground: Tell a friend one thing that makes them special.

Home: Just like in class draw a picture of yourself but this time ask your family members to write the things they like about you, things you are good at doing and what makes you YOU!

Z is for Zebra



A zebra is an animal that looks a bit like a white horse with black stripes. Did you know that the stripes on every zebra are different from all the other zebras? The zebra in the picture is having a little problem with his stripes. Sometimes being different can be a bit difficult for us, and like the zebra we need to remember it's OK to be different.

Think: Do I like things to be the same, or do I like things to be different?

Say: "I am special because I am different from everyone else in the universe. It's okay to be different!"

Do:

Classroom: Using your drawing from yesterday compare the things that make you special to another person, do you have anything in common or are they all different?

Playground: This week try to play a different game or with a different friend.

Home: What do you have in common with your family members, think of one thing that is the same and one this that is different between you and everyone in your home.

The end...



Harvey McMillan Associates



We've come to the end of The Resilience Alphabet and hope that you have learned about how to build your inner strength and wellbeing by THINKING, SAYING and DOING some of the activities suggested.

Now you have some tools to help you to keep going when things don't go as you expect, and to have some good ways of talking about, and thinking about your feelings.

Remember, you can go back and do any activities again, but especially remember some of the things you can SAY to help to remind you.

As a last exercise you could write the Say statements on a poster with colourful pens, so you don't forget how special you are.