

RESILIENCE AND WELLBEING

A collection of short activities that can be delivered individually or as a whole session to explore the resilience focus area of emotions and behaviours.

Learning Outcomes

Young people will;

- Understand what 'resilience' and 'wellbeing' is and what it means to them.
- Use the HeadStart Resilience Conversation Tool to look at the different areas of resilience
- Look at the Wheel of Wellbeing, and ways to improve their wellbeing
- Come up with their own Top Tips for resilience



Time	Activity	Method	Resources
5 mins	GROUND RULES	<p>Explain in the group, people need to feel safe in order to share their views and experiences. Therefore, it is important to set some ground rules.</p> <p>E.g. Respect other people, listen to what other people are saying, be polite and have good manners, act sensibly.</p> <p>What we talk about as a group today, we all need to respect each other by keeping in the room. But if we think someone may be at risk of harm we will need to pass on this information to an appropriate adult in the school.</p> <p>Ask the group to add any others they think are important and check they are happy to abide by these rules.</p>	<p>Ground rules pre-prepared and written up on a flipchart</p> <p>Flipchart/Flipchart pens</p> <p>Pens/Pencils</p>
3 mins	ELASTIC BANDS	<p>Give everyone in the group a coloured elastic band. Ask them to tug it, not too much and then to let go. What happens? They should see that it stretches but goes back to original shape. This can represent our resilience.</p>	<p>Coloured elastic bands</p>
5 mins	WHAT IS RESILIENCE?	<p>Ask the group what resilience is? In x2 groups, ask them to write their ideas on the handout. Ask them to feedback to the group and write what they say up on a flipchart.</p>	<p>Flipchart/Flipchart pens</p> <p>Pens/Pencils</p> <p>‘What is resilience’? printed</p>

		<p><i>Read out:</i></p> <p>Resilience is the ability to bounce back from difficult situations and to see problems as opportunities for learning and growth. <i>Resilience means:</i></p> <p>Seeing difficulties as part of life</p> <p>Staying strong in yourself</p> <p>Being able to tolerate discomfort</p> <p>Being able to handle strong emotions</p> <p>Reflecting positively</p> <p>Thinking differently</p>	
10 mins	WHERE IS MY RESILIENCE?	<p>Ask the group to identify where they think they are in terms of their 'resilience', 1 being low and 10 being high.</p> <p>Read out the two statements and ask the group to decide if they agree with statement A or B:</p> <p>Resilience is something you're born with? GO TO CORNER A</p> <p>Resilience is something you learn? GO TO CORNER B</p> <p>Ask them why?</p> <p><i>Read out to the group, Sue Nicholls statement:</i></p> <p><i>'Research shows us some people seem to be born with more resilience than others, but resilience is DEFINITELY something which can be learned and STRENGTHENED through awareness and practice. It is our ADAPTABILITY and POSITIVE THINKING which can provide us with</i></p>	<p>Statements printed and stuck on walls</p> <p>Sue Nicholls statement</p>

		<i>stability and strength'</i>	
4 mins	VIDEO	Watch the Youtube clip: https://vimeo.com/237565555	Internet enabled device, speakers if needed
10 mins	ACTIVITY RESILIENCE CONVERSATIONS	Show group the large resilience wheel and explain the 6 areas of resilience. Put handout on each table and ask groups to write down different things, they like doing and how this builds their resilience.	Big RCT wheel handout Post-it notes, Pens/Pencils
10 mins	ACTIVITY 6 WAYS TO WELLBEING	Watch the YouTube clip: https://www.youtube.com/watch?v=rsyw2b6rf5Q Wellbeing is a good condition of existence, characterised by health, happiness, success, and welfare.	Internet enabled device Check link works Speakers

5 mins	WHEEL OF WELLBEING PLEDGE	<p>The 6 ways to wellbeing – WOW is about doing more of the things you enjoy. Research shows that the 6 ways help improve moods, strengthen your relationships and can add 7 years to your life!</p> <p>The 6 ways are:</p> <p>CARE – Planet TAKE NOTICE – Place CONNECT – People GIVE – Spirit KEEP LEARNING – Mind BE ACTIVE – Body</p> <p>Ask the young people to look around and identify/discuss what they would like to ‘pledge’ to do more of going forward. Ask the young people to complete the handout pledging their WOW things they will do over this week.</p>	<p>Pre-prepared flipchart with WOW written up and topic headings Flipchart/Flipchart pens Pens/Pencils Top Tips WOW Calendar Pledge handouts</p>
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10 mins	RESILIENCE TOP TIPS	<p>Ask the group to think of their own resilience Top Tips and complete the handout acrostic sheet.</p> <p>Handout the resilience toolkit Top 10 Tips for Resilience. Once completed, ask the group to take away with them as their pledge to keep working on their resilience.</p>	<p>Flipchart/Flipchart pens</p> <p>Pens/Pencils</p> <p>RESILIENCE acrostic sheet</p> <p>Top Tips poster</p> <p>Pens/Pencils</p>
5 mins	Recap, Evaluation and Q&A	<p>Ask the group to feedback on what they will take away from the session; is there anything that they have learnt or recognised about their own resilience, anything they feel they could do to improve it...</p> <p>Ask if the group have any comments or questions</p> <p>Ask the group to feedback in line with your own session evaluation process</p> <p>Check out with everyone and close session.</p>	<p>Organisation own evaluation sheets</p> <p>Pens</p>

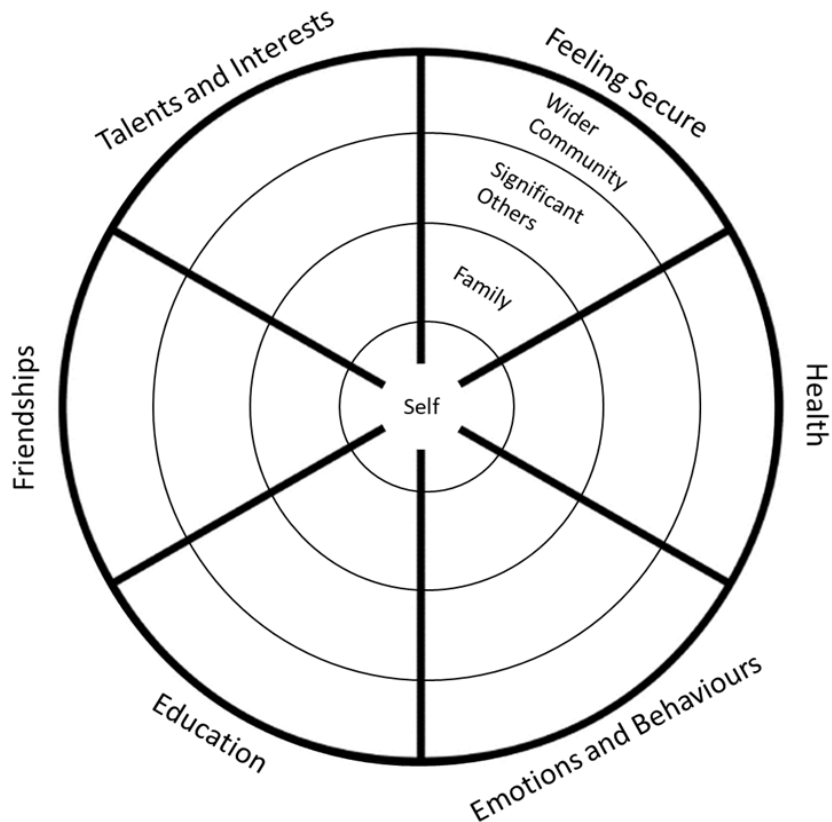
**** Please note that these activities can be completed in their entirety as a session or you can pick and choose shorter activities to complete with a group of young people – use of the PowerPoint during the session is optional and is not required to deliver the activities.*

WHAT ARE OUR 10 TIPS TO HELP BUILD OUR RESILIENCE?

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HeadStart Kent: Initial Resilience Conversation

First Name:	Surname:	DOB:	Date of conversation:
Name of worker having conversation:	Organisation:	Young person's school:	



Area of Resilience	Action
Feeling Secure - How secure you feel in yourself, in physical places, and with those around you.	
Health - Your wellbeing and physical health and of those around you.	
Emotions and Behaviours - Having the skills to manage your emotions and behaviours as well as feeling positive about the future.	
Education - Your learning, trying new things, and the support from others to help with these.	
Friendships - The importance of having friends, positive peers, and being a good friend.	
Talents and Interests - Being able to access activities you enjoy, are good at, or want to do.	





Wheel of Well-being

Be Active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy; one that suits your level of mobility and fitness.

Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Connect

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections with support and enrich you every day.

Take Notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Care for the Planet

Look after your community and the world. Make small changes to your life that will reduce your energy use, recycle more, leave the car at home, use low energy light bulbs, small steps to a greener life can make a difference.

TOP TIPS FOR RESILIENCE

Relationships

Make time for those you love, they will be there for you!

Expectations

Give yourself goals to achieve. This helps to keep you focused.

Strategies

Plan ways to cope – you can always ask for help!

Identify

Identify your own strengths, and build your own confidence.

Learning

Learn from mistakes and experience, but don't be hard on yourself.

Involvement

Get involved in things and try something new!

Enjoy

Make sure you spend time doing things you enjoy.

Never give up

Stay positive, focus on your future, tough times don't last forever.

Care

Take care of your needs – physical, emotional, environmental.

Embrace change

Accept that things change, don't dwell on it, look to the future.

Adapted from NHS Greater
Glasgow and Clyde
'Resilience Toolkit'

Facilitator notes for next two activities – What is Resilience? and Where is my Resilience?

What is Resilience:

Following completion of activity read out to the group-

Resilience is the ability to bounce back from difficult situations and to see problems as opportunities for learning and growth. Resilience means:

- *Seeing difficulties as part of life*
- *Staying strong in yourself*
- *Being able to tolerate discomfort*
- *Being able to handle strong emotions*
- *Reflecting positively*
- *Thinking differently*

Where is my Resilience:

Following completion of the activity read out to the group-

Sue Nicholls statement:

“Research shows us some people seem to be born with more resilience than others, but resilience is DEFINITELY something which can be learned and STRENGTHENED through awareness and practice. It is our ADAPTABILITY and POSITIVE THINKING which can provide us with stability and strength.”

WHAT IS RESILIENCE?

RESILIENCE is the ability to bounce back from difficult situations and to see problems as opportunities for learning and growth. *What do you think RESILIENCE is or means?*







A large, empty rounded rectangle with a blue border, intended for a response.

RESILIENCE IS
SOMETHING YOU
LEARN...

RESILIENCE IS
SOMETHING YOU ARE
BORN WITH....



I, _____, pledge to work on my WOW by....

My WOW pledge	What I will do
I will CARE about the planet by 	
I will TAKE NOTICE about the place by 	
I will CONNECT with people by 	
I will GIVE by 	
I will KEEP LEARNING by 	
I will BE ACTIVE by 	

This session plan provides an outline to deliver activities focussed around areas of young peoples lives that have been proven to support in improving resilience and emotional wellbeing.

Within this there are suggestions of a range of activities and formats that you can use to deliver these, such as power points and online resources as well as timings for activities.

These can be delivered in whichever way suits your organisation and group of young people best.

Whilst a range of videos, icebreaker activities and games have been suggested throughout please feel free to adapt and change these to suit your setting and your young people.

For further resources, activities, ideas and a wide range of other session plans please visit [Kent Resilience Hub](#), you can also find a range of resources and activities that young people may find useful to manage their own wellbeing at [MoodSpark](#). Click on the different segments below to find resources, activities and sessions that meet that resilience area.

