

Name:


Pupil Resilience Workbook



Lancashire



What is Pupil Resilience



The Whole School Approach project is taking place with **Lancashire Mind** in your school this year, and it's aim is to increase awareness of mental health and wellbeing across the whole school community!

Lancashire Mind are also delivering smaller group workshop videos of the sessions we would normally deliver to you in a classroom. This will go alongside this workbook which is yours to keep.

This workbook has been designed for you to complete either at home or at school, and will help you to become more resilient over the 5 sessions.

Contents

Page 2-3	Introductions
Page 4-5	Wellbeing Challenges
Page 6	Mental Health and Resilience
Page 7	Resilient Objects
Page 8	Resilience Heroes
Page 9	Motivational quotes
Page 10-13	Goal Setting
Page 14-15	Confidence and Self-esteem
Page 16-17	My strategies
Page 18-19	My resilience toolkit
Page 20-21	My notes
Page 22-23	Useful contacts/signposting

Lancashire Mind

Here's a bit about what else Lancashire Mind do!



COMMUNITY DEVELOPMENT

Lancashire Mind work in communities across the county to raise awareness of mental health and how we can all take steps to look after our own wellbeing. It's important to talk about how we are feeling and to remember that it is ok to ask for help when we need it.

CHILDREN AND YOUNG PEOPLE'S PROJECTS

Our children and young people services are delivered in partnership with schools. Some examples of projects happening now are: **Whole School Approach**, **Wellbeing Challenge**, **Bounce Forward** and **Resilient Transition Programme**.



TRAINING

Our workplace training sessions are delivered by experienced and passionate trainers and coaches. They work with businesses, schools and other work places to improve wellbeing for the staff workforce. We have funded places on a range of courses - funded places will be available until end of March 2021.

WELLBEING COACHING

Wellbeing Coaching is 1-1 and group support to build wellbeing and resilience across Lancashire. We work with people in their communities and believe in supporting people through guided self-help to live the lives that they want, as fully as possible.



TENANCY MANAGEMENT

Lancashire Mind believe that good housing is essential to good mental health. Our housing service provides accommodation and help for people experiencing poor mental health. We support people to identify and overcome barriers to living independently.

FUNDRAISING

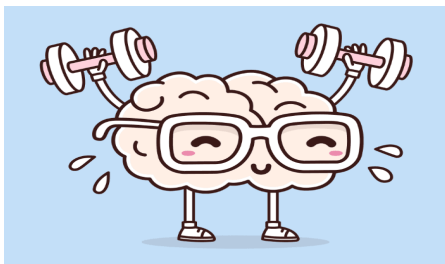
Lancashire Mind's vision is **Mental Wellbeing for All** and we won't stop until everyone in Lancashire can achieve good mental health and wellbeing. Everyday our team are working with people across Lancashire but we can't do it alone. Find out what fundraising challenges are happening now!



Wellbeing challenges

These challenges are designed to help build resilience and wellbeing. It is up to you how many you attempt. You can choose to try them all or focus on maybe one, it's what ever you feel comfortable with. Have a go and see what you think. Enjoy!

1. Visualisation– Take some time out and think of one of your favourite places that you have visited or somewhere that makes you feel calm. Take 3 deep breathes and concentrate on how your body is feeling.



2. Get up and get moving– Challenge yourself to being more active. Can you try a new exercise that's out of your comfort zone. Can you build up how long you practise it for. Positive body = a positive mind.

3. Music/Dancing– Music and dancing are fantastic ways to get your body moving and release those feel good hormones. Put on your favourite song, get up and dance! Be creative, be silly, let yourself be free!



4. Meditation – Meditation is a great way to relax your mind and body, it takes practice, time and determination. Take some time out and find a meditation on YouTube, Calm or Insight timer. We all have times were our mind feels super busy and taking some time out to let it feel calm is great for making you feel refreshed and ready to give things a go again. Start with a 5 minute meditation and then build yourself up, don't worry if your mind wonders that's perfectly normal– just stick with it!



5. Journal– Write down your thoughts, feelings and goals. Journaling is great to get things off your mind, acknowledge how you are feeling and what goals you would like to put in place for the future. Take 5 minutes a day to write down or draw exactly what's going on in your mind and body. This can be a really productive exercise if you keep going with it.



6. **Grounding**– Grounding is a great exercise to try when you feel overwhelmed, unable to think clearly, unable to sleep easily, poor attention to a task, tension in the body and being unable to relax and switch off. Grounding can help calm and settle the mind and body. Try this 5,4,3,2,1 exercise. You can do this at home or out on a walk.

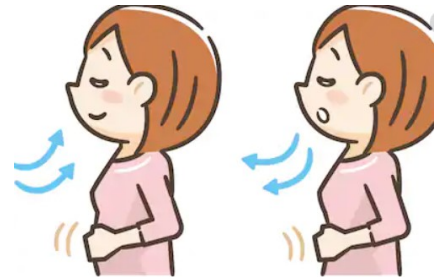
"I just called because...
I thought you wanted to hear my voice~"



7. **Reach out**– Something as simple as a phone call, a text, a conversation can massively change your mind set. Why not get in contact with someone you're missing or haven't spoken to in a while. I'm sure it'll brighten up there day as much as yours.

Another way to say I missed you...

8. **Breathing** – Taking the time out of your day to just sit and breathe can do wonders for your mind and productivity. Try placing your hands on your tummy (you can do this sitting or lying down) and take a deep breath in through your nose and count to three seconds. Feel your tummy fill up with air and your hands rise, hold for three. Then let the breath out through your mouth but imagine your are blowing up a balloon so it is more controlled, do this for three. Then repeat. In for three, hold for three, out for three.



9. **Gratitude Jar**– What is gratitude? Good question.. Gratitude is one of our positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted. This jar is great if you want to start taking notice of what makes you feel good and things you enjoy. All you need is an empty jar or little box, decorate it if you wish and then add little pieces of paper with thoughts or activities on. Then once you feel your jar is full you can pick a note out each day and remind yourself what truly makes you happy and calm.

10. **Acts of kindness**– no matter how big or small an act of kindness can go along way. Set yourself a challenge to try and do something nice for someone throughout the week. You might make them a cup of tea, leave them a note, send a text, give a hug.. the list goes on. Doing this will make the person receiving the gesture feel great but it will also give you a boost too.



Mental Health and Resilience

Mental health is...

Wellbeing is...

How do I already look after my wellbeing?

What makes me feel good or happy?

What do I do when I'm feeling sad, upset,
worried or frustrated?

Resilience is...

Resilient Objects

How resilient are these objects?

Rate each object from 1-10 on how resilient you think they are and why



Rating: _____

Why?



Rating: _____

Why?



Rating: _____

Why?



Rating: _____

Why?



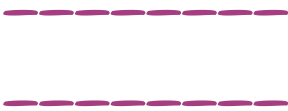
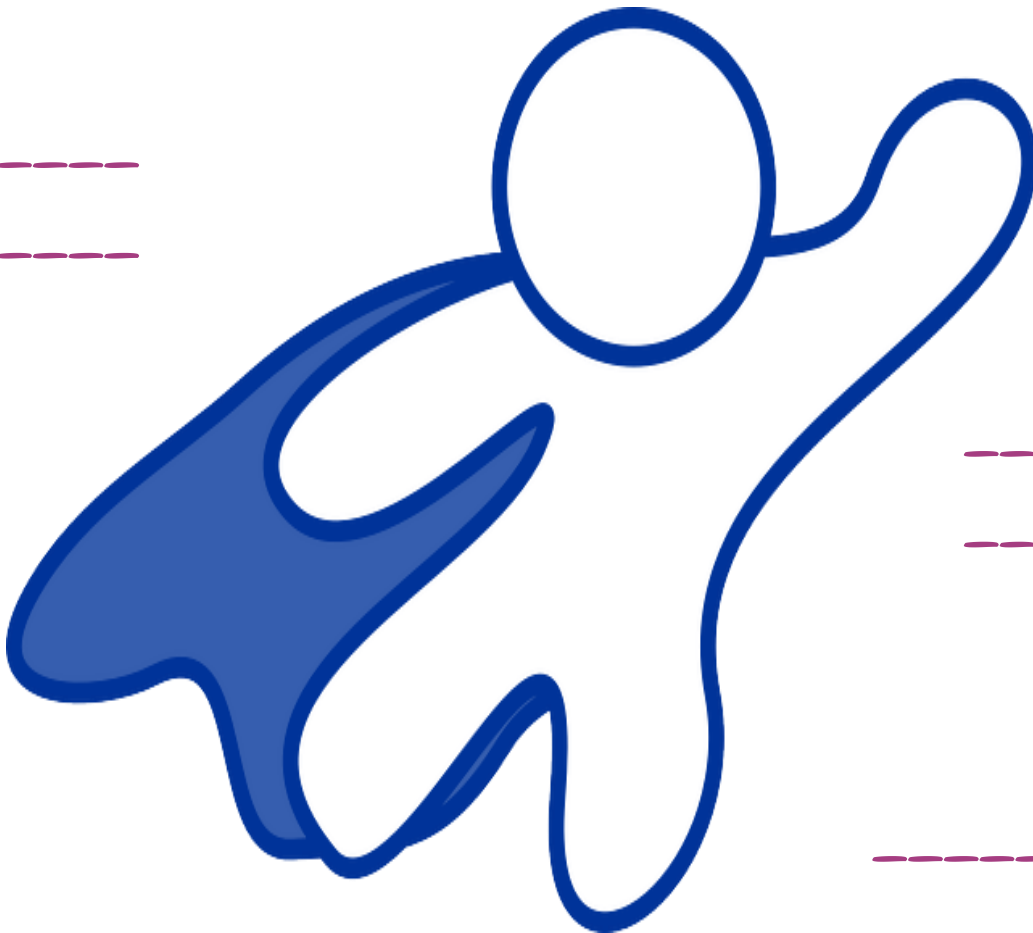
Rating: _____

Why?

Resilience Heroes

Who do you think of when we're talking about 'resilient heroes'? This could be someone you know, a friend or family member, or a celebrity.

Use the shape below to draw or write inside about that person. List all of the qualities, skills and abilities you think make your hero resilient. Put them inside/around the person.



Decorate me!

Motivational Quotes

Quotes can represent a lot. They can empower us and push us when we feel unsure or uncertain. They can help build resilience, promote bravery, spur on determination, and help us have a little more self-belief.

What is your favourite quote, which one do you relate to?

Find your own or use one of these and put it up where you can see it each morning to start the day off with the correct intentions.

always REMEMBER
 YOU ARE BRAVER
THAN YOU BELIEVE
 STRONGER
THAN YOU SEEM
 SMARTER
THAN YOU THINK
 AND LOVED
-MORE THAN YOU KNOW-

nothing is impossible
 the word itself says
 "I'm possible"
 -Audrey Hepburn

A little
 progress each
 day adds up
 to big results

Happiness
 CAN BE FOUND EVEN
 IN THE darkest
 OF TIMES, IF ONE ONLY
 remembers to
 TURN ON THE
 light
 · ALBUS DUMBLEDORE

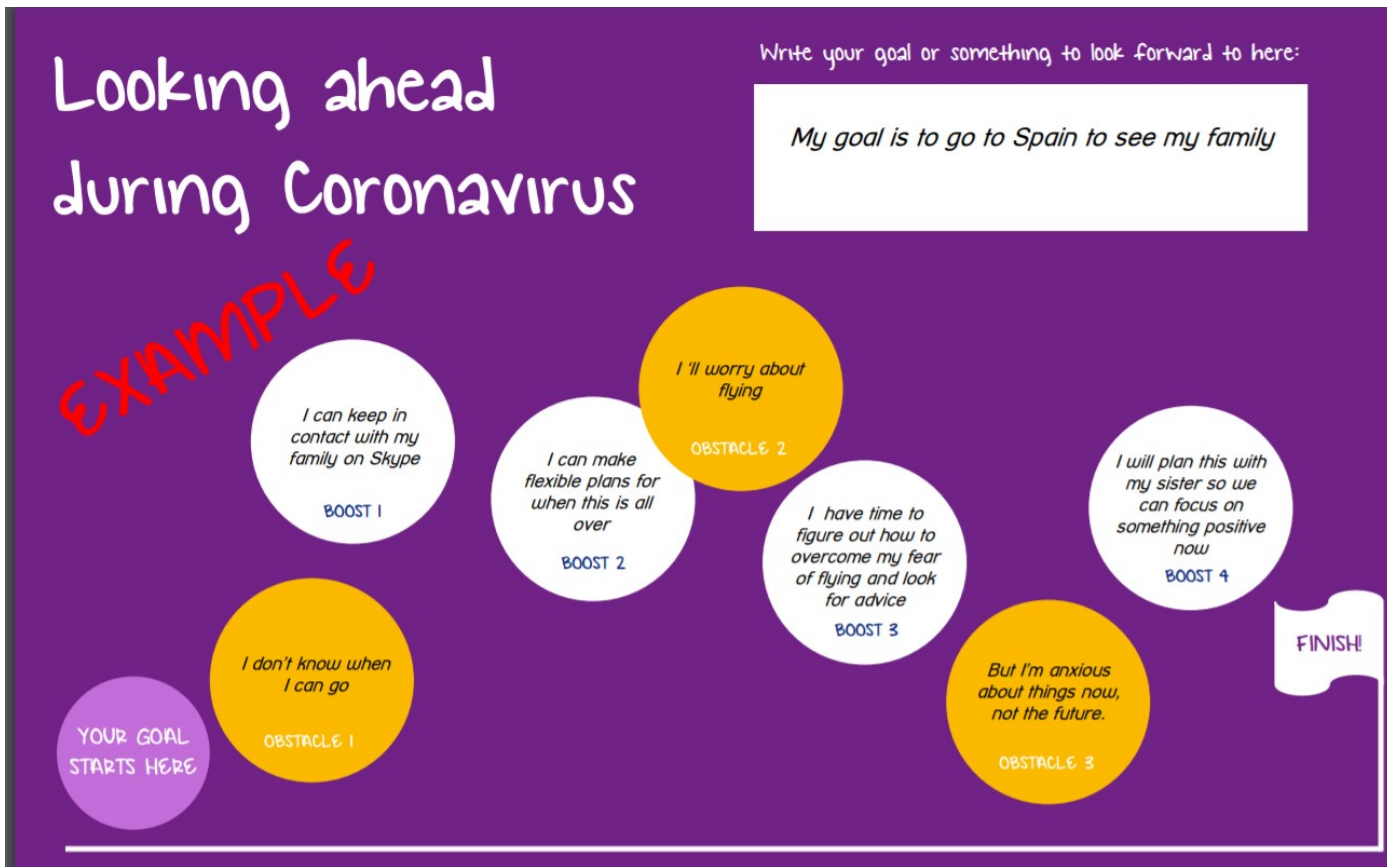
"NO ACT OF KINDNESS,
 NO MATTER HOW SMALL,
 IS EVER WASTED."

-AESOP-

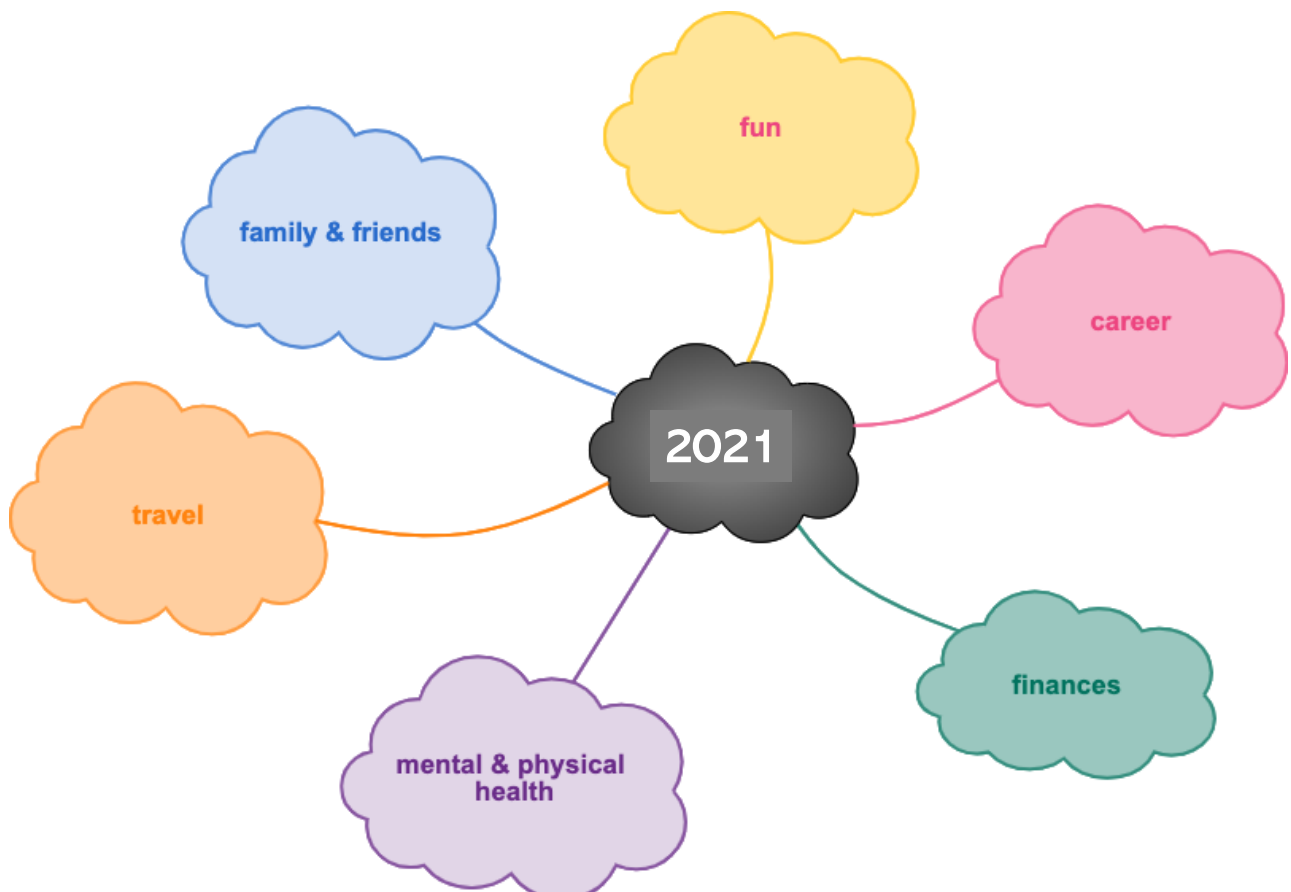


Goal Setting examples

A - Journey mapping



B - Mind Mapping



Goal Setting - your turn!

Now have a go at designing your own. You can use the templates below, or use the blank page to draw your own!

Write your goal or something to look forward to here:

Looking ahead
during Coronavirus

YOUR GOAL
STARTS HERE

BOOST 1

OBSTACLE 1

BOOST 2

OBSTACLE 2

BOOST 3

OBSTACLE 3

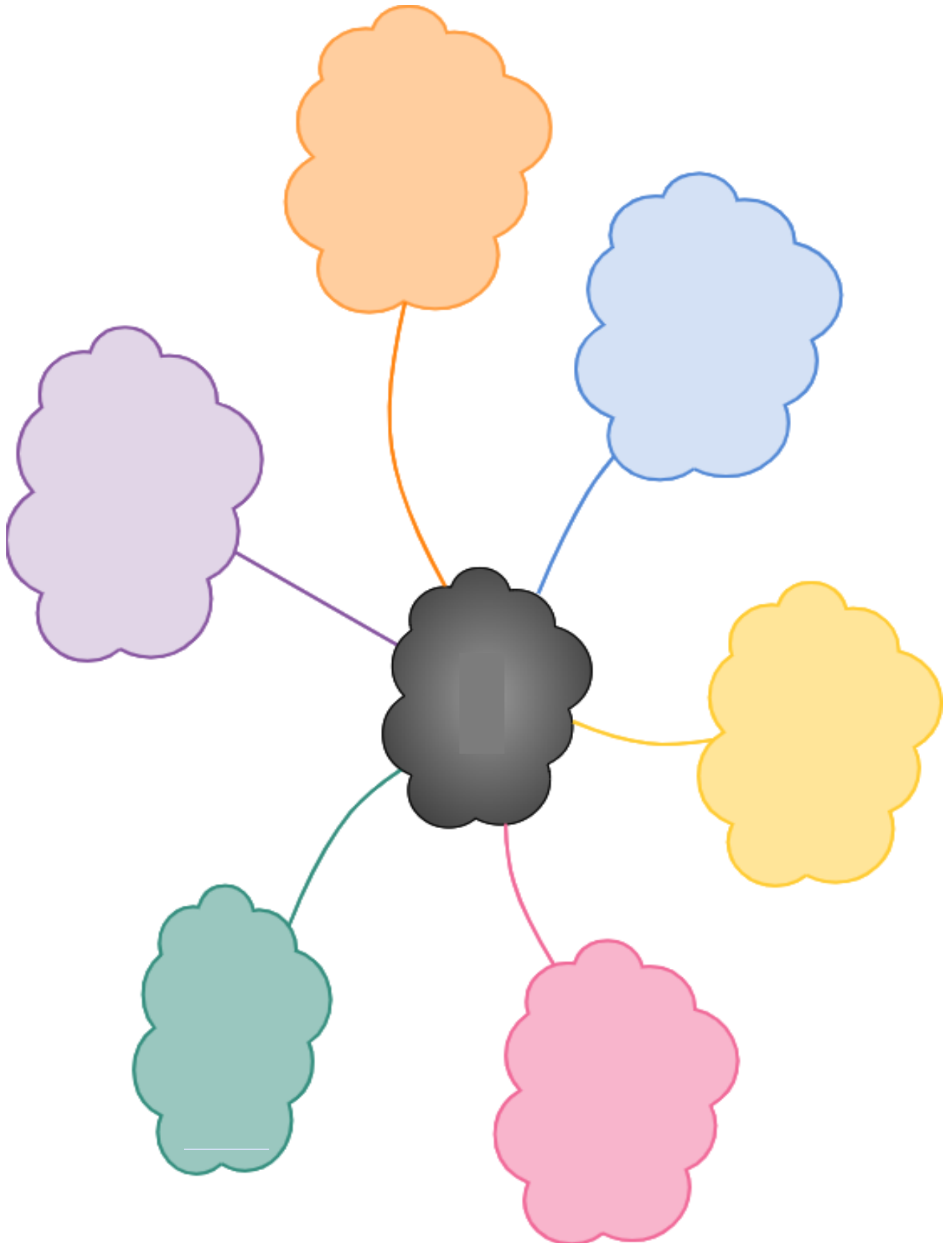
BOOST 4

FINISH!

Now you're looking ahead and creating positive feelings for the future!

Mind | Lancashire
By Louise Murray & Sarah

Mind Mapping



Get creative!

Use this space to create your own goal mapping. You can use the examples from the Powerpoint for inspiration...

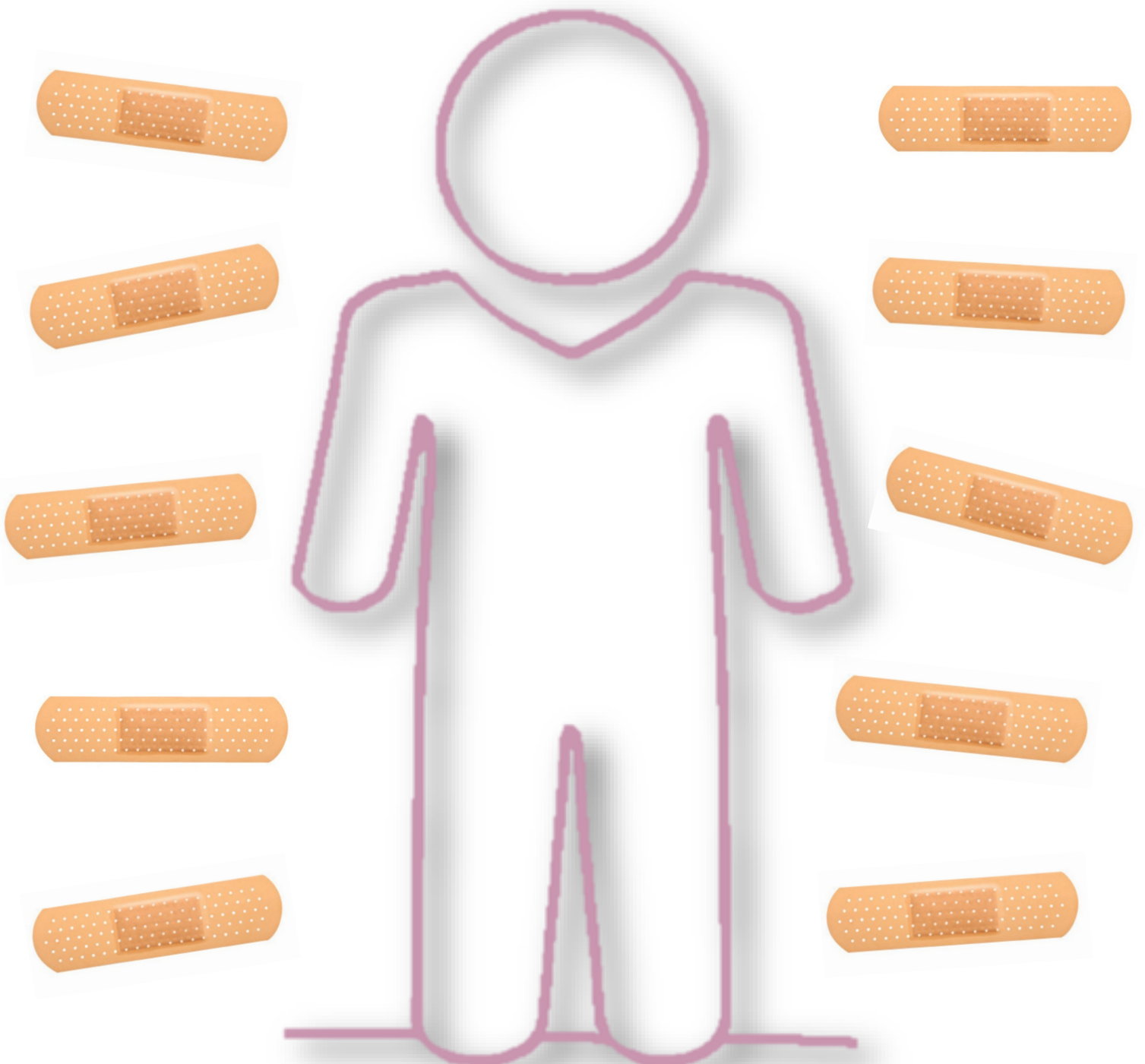
Confidence and Self Esteem

Use this image to represent yourself. Use *zen tangle* (which is drawing shapes and patterns) and colour in, this is a lovely mindfulness activity.

Everyone has negative thoughts about themselves and that is completely natural but it is when we start to believe those thoughts that there becomes an issue.

In your person write down all of those thoughts, be honest with yourself.

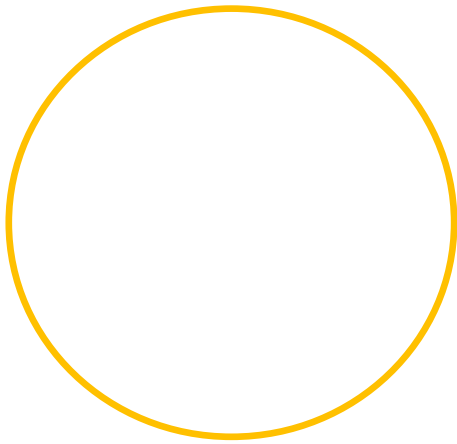
Use the plaster to write a positive thought about yourself. This will counteract negative thought and you'll see how wonderful you really are.



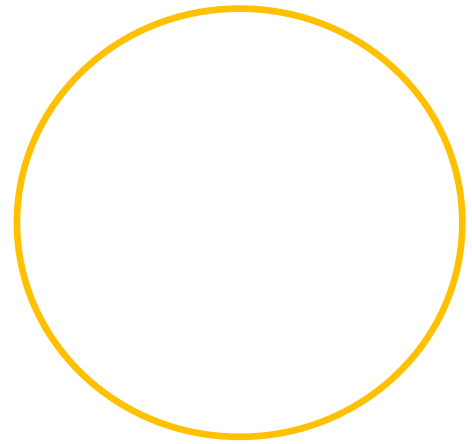
Decorate me!

Power Postures

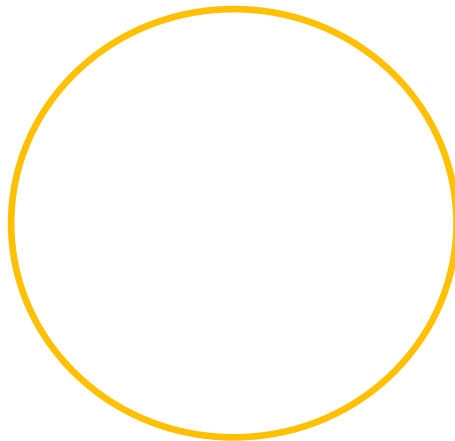
Research shows that adopting the posture of a particular emotion can help to create that emotion. Have a go at drawing what these emotions look like!



Confidence



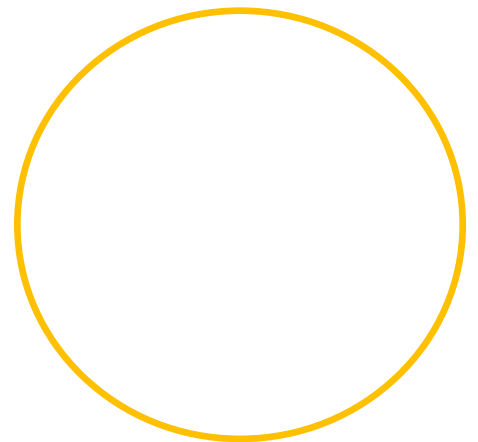
Joy



Resilience



An open
heart



Happiness

Recap of sessions

We are going to look at the previous five sessions and reflect on what you have taken away from them.

Session 1: We looked at how to start building our resilience tool kit and looked at the meaning of the word resilience. Since the session think about what you have added to your toolkit.

Session 2: In this session we looked at resilient heroes and what makes a resilient hero. Since we have completed the session, have you thought of someone else who you think is your hero? Remember, this could be someone in your life or a celebrity that has made an impact and hasn't given up.

Session 3: This session revolved around challenges we face at school and how we can learn to be resilient in practical situations. We looked at how using a resilient mind map might help us feel a little less overwhelmed and can make our end goal clearer. Since this session have you had a go at creating your own mind map to help when things are feeling a bit overwhelming and to help ease the stress?

Session 4: We looked at confidence and self esteem and how these can effect our emotions. Since this session have you used a power posture? Do you think this created the emotion you wanted it too? Did you feel more confident?

Session 5: Have you put your resilience tool kit into action since the session? Have you been able to reflect on what you have learnt? Have you put your new resilient skills into practise in every day life? Have you committed to taking action to become a more resilient person?

**Remember - resilience is a life long skill that
takes time to build - so keep practising!**

Resilience strategies

My strengths

Can you think of your strengths? Can you name 3?

These could be turned into a morning affirmation. An affirmation is something you say to yourself to support how you are feeling and use for encouragement. Repeat these 3 things to yourself to start your day off with the correct intention.

1. I am.....

2. I am.....

3. I am.....

What I know I am good at

What I would like to work on
about myself

Write down 3 things that you think could help you to remain resilient when in a difficult or stressful situation:

1.

2.

3.

My Resilience

Something I am good at:

Something that helps me feel happy or relaxed:



A place that makes me feel happy:

Someone in my life that makes me feel happy:



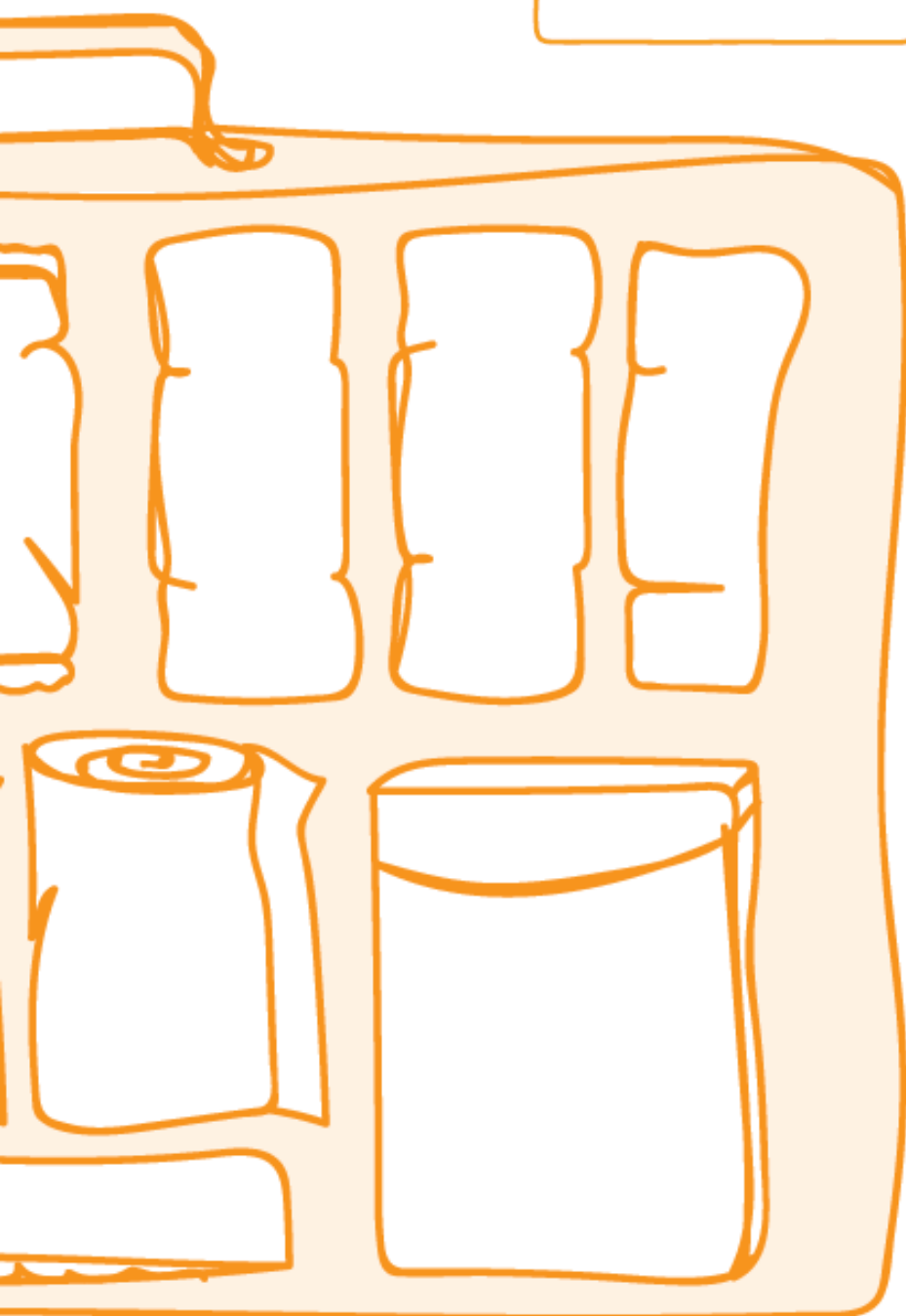
Resilience Toolkit

Something that helps me feel supported:

Something I am proud of:

Something helpful I do to help myself cope when times are tough:

How can I use what I have learnt to help me be more resilient?



My notes:

A series of horizontal dashed lines for writing notes.



My notes:

A series of horizontal dotted lines for writing notes, filling most of the page.



Use this space to add contacts, websites or useful resources
now or in the future. These can be

Lancashire Mind - Resources for Young People during lockdown
and returning to school:

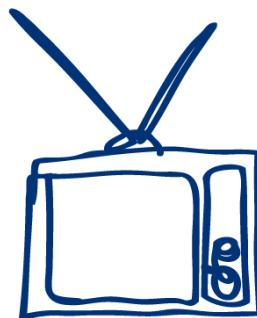
<https://www.lancashiremind.org.uk/pages/154-support-for-children-young-people>

Wellbeing newsletters and interactive information on mental
health - <https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

NSPCC - advice on returning to school

<https://www.nspcc.org.uk/keeping-children-safe/away-from-home/at-school/>

The Mix - <https://www.themix.org.uk/>





Lancashire

1. Connect



2. Be active



3. Keep learning

4. Take notice



5. Give



We're here to support **young people** with their mental health through COVID-19

[Click here](#) for support and advice



Follow us on social media to stay up to date

