

March 2022: COPING

1 Write in a journal. Up to 3 positive things every day for this whole month. Say them out loud. We will read it back at the end.	2 Put on your favourite music and dance! Even better do it at night in the garden with no shoes or socks on 😊	3 Sing to your pencil case! (Or a hairbrush will do).	4 Take deep long breaths - can you hear yourself breathe? #mindfulness	5 Visualise some artwork - do you have a favourite picture or place? Go there in your mind.	6 Do some colouring? Feel good?	7 Try something new today. What will it be? Remember something you found hard yesterday you may manage today.
8 Engage in a small act of kindness. Make someone else smile today. We've got this.	9 Take a lovely bubble bath.	10 Think of something that makes you smile. Share it with someone. How did it make you both feel? #positivechainreaction	11 Count down from 100 in 3's. Did that calm you? What works well for you?	12 Do something for someone else today? Remember we can make a difference to others.	13 Spend time with or call friends.	14 Go for a run. Or a walk. Enjoy feeling breathless. That fresh air taste good?
15 Read or watch something funny - make yourself giggle. Pass it on! Maybe a funny meme?	16 PAUSE. What shapes can you see in the clouds?	17 Read a book or something you find interesting.	18 Go and build a den after school. Could be inside or outside. Grown ups you can do this too.	19 Remind yourself of the names of people who care about you. Pass on a complement.	20 Sleep for an hour! Or lie with your eyes closed for 10 minutes. Either works.	21 Go to the park or outside, feel the sunshine, wind or rain on your face, and play!
22 Meditate. What does that mean to you? Listening to music? Breathing? Resting? Calm your mind. You are doing just great.	23 Go for a walk outside with someone you care about. Or just have a chat. How are they? How are you?	24 Spend 30 minutes doing something you enjoy.	25 Let out a long sigh, SMILE, and stretch. Yes. Smashed it. Tomorrow is a new day.	26 Ask for help if you need it today. Who is there for you? Remember who they are!	27 Fly a kite! Watch it glide and hover. Breathe in the fresh air. Delicious.	28 Nature watching: Sit amidst nature. What can you hear? See? Smell? Touch?
29 What does being brave mean to you? How have you been brave today. Tell yourself you are amazing.	30 If you did your journal, read back the positives of March. Or write down 3 wonderful things about this month.	31 Look back at this months' calendar. List 3 things you promise you will do more often.				

RESILIENT MOVES CALENDAR:
We share coping moves – fostering interests – calming down & self-soothing – putting on rose tinted glasses – have a laugh – tomorrow is a new day – solving problems – being brave – leaning on others.

Find out more about the resilience framework at www.boingboing.org.uk #RESILIENTMOVES

WE WOULD LOVE TO HEAR ABOUT YOUR COPING MOVES. SHARE THESE WITH US ON TWITTER @RESRUTLAND @RUTELSAUPPORT

HUGE THANKYOU to pupils from Catmose Primary and UCC for your ideas and Paula Reeves and Lynette Harte for their endless energy. That is why this one is so **FABULOUS!!!!**.