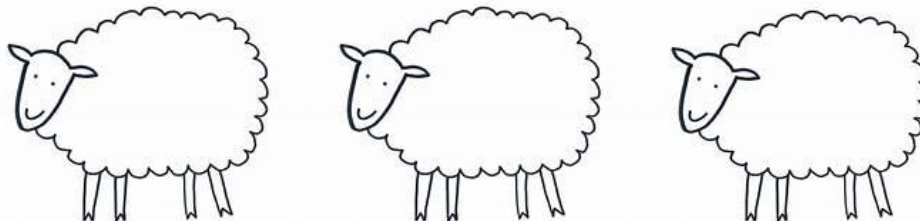




Hope and Positivity:

Sometimes it is so helpful to focus on the good things in our day or life. Not because everything is perfect, but we can make ourselves smile with little things, or special moments in our every day. There is so much research that shows when you focus on the positives this not only affects how you feel at the time but also helps you make positive memories. Two tasks below might help you get going. Try them just before you go to bed. They can clear your head of worries and make you smile.

1. **3 Good things diary:** Many people do this – it's brilliant. You need: a notebook or even scraps of paper. Take a moment at the end of each day and write down 3 good things that have happened. These may be things that have made you smile, things you love or care about, or things/people that you have noticed around you. At the end of the week – read them. These can also help when you are feeling sad or worried.
2. **Happy Sheep:** This is aimed at younger children but I have done it too! So it must be good for all ages! Again, this is a task to do at the end of the day. They say to count sheep? Well maybe we should think of happy sheep. Sketch out an outline of a sheep and inside it write down 1 thing that has been good, you love, or has made you smile today. Aim for 3 sheep each day. As you close your eyes before you go to sleep, can you picture them jumping over a little fence. It made me smile!



Hope you have fun with these – we would love to see your work @ResRutland @BrookeHill_ELSA.

Resilient Moves: The Resilience Framework for Children and Young People (October 2012 adapted from Hart and Blincow with Thomas 2007) contains 42 different resilient moves. This is an everyday action that research and evidence has shown us can build resilience. By sharing resilient moves we will share a common language and ideas to build resilience. This is important now even more than ever.

<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>



Thank you @boingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting us thinking @PookyH. **Lyn Harte & Paula Reeves 2020**