

Worry Resolution: This activity is good as a starting point to talk though emotions and worries you are having and hopefully find some resolve or solutions. It is helpful because it has a two-sided approach which helps to balance good things and worries/challenges. Writing our worries down clears the mind and helps to ease the way they can spin round at times. Taking each worry and talking about it with someone (or to yourself) helps find solutions. This task helps us to have control and not feel overwhelmed by everything and consider self-calm activities too.

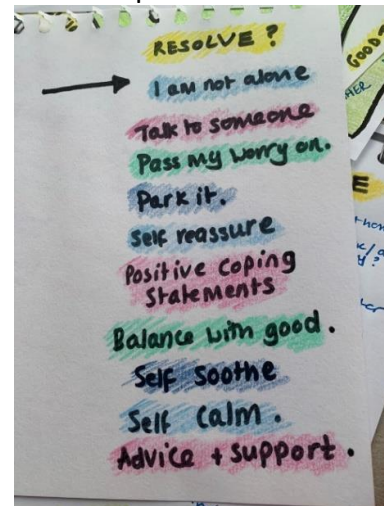
There are two stages to this activity.

1. Take the situation you are finding difficult (e.g. Covid-19, Returning to School, Transition, or anything) and create two lists of challenges and good things too. You could do this as using the hand template before or as two lists. No age limit on either!



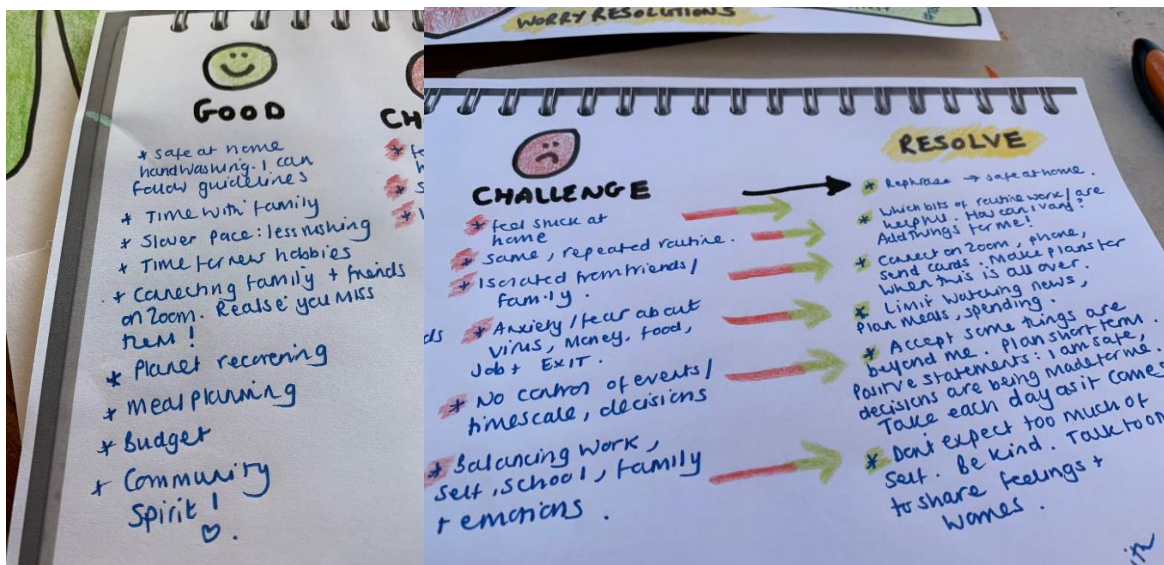
Ideas for possible resolutions are:

2. Talk about each worry or challenge individually. It helps to do this with someone else – but you can do it with yourself (It is ok to talk to yourself and answer by the way). For each worry – talk about what might help. Solutions or actions are different for all of us – and remember not all worries or problems have an instant solution. Talking about them though can help as can accepting that some things we cannot change.



Worked example: I completed this activity to see how it might work using Covid-19 as my example. It was so helpful to see the positives being listed alongside things I was worried about. It was also surprisingly helpful to see my worries down on paper, to talk about possible solutions and what can help. I was in charge of Y6 to Y7 transition for many years and used to use a similar activity. This works for many things. Try it and see if it can help you.





We would simply LOVE to share your use of this activity. Tag us on twitter @resilientrutland or Facebook ResilientRutland and BrookeHill_ELSA

Twitter Share Shout OUT:

Huge Thank you to: @BrookeHill-ELSA @PookyKnightsmith (*worry list), @HeatherLCottam,



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