

# April 2021: CORE SELF

1 April Fools Day! Share a smile today and release your inner comedian. What is your favourite joke? Make someone else laugh.	2. Make plans with a friend and stick to them. We all need something to look forward to.	3. Create a self-care wheel full of your favourite ways to self-calm. What helps you relax? Try them.	4. List 3 things you can do in the next few days or months to help someone else.	5. If you could create a family holiday or tradition, what would it be? What ideas do your family have?	6. Draw or make a book case of titles that describe you.	7. Spring brings hope and new beginnings, take time to enjoy the wonderful outdoors. What can you see, smell, hear?
8. What helps you when you feel stressed or worried? Pick your best thing and do it today.	9. Art Day: Try a painting, sketch, collage, or model of something outside.	10. Do your favourite exercise or sport today.	11. What do you do to cheer yourself up if you are having a rough day? Have a few ideas ready for days like these.	12. Are you ready to be a trailblazer? Be the first to try something new today.	13. Arrange to meet a friend today. Listen carefully during your conversations.	14. Make breakfast for someone else today.
15. What song best describes you? Why? What about other people? Ask them.	16. List any worries you have. Name them and think about practical steps to alleviate them. Sometimes talking to someone or throwing them away helps.	17. Ask about others. And LISTEN hard. We have two ears and one mouth for this very reason.	18. If you had to pick a hashtag that best describes you, what would it be? #.....	19. Life does not just happen to you. You can take control. What decisions are you going to make today to improve your day?	20. Make a drawing of 3 emotions we can have. Label these with how they can make us feel or behave.	21. What do your friends and family like doing? Do an activity together.
22. Draw round your hands - list 10 talents or things you want to begin. How can you develop these?	23. Research local clubs that match your interests. Is there one you fancy? Find somewhere you belong.	24. Draw a star. On each point write the name of someone you can ask or something you can do to help solve a problem.	25. Notice when you are feeling negatively about yourself. Pause and be kind to you.	26. Is a friend or colleague quiet or acting differently? Take 5 minutes to check in with them.	27. Write about yourself for 3 minutes without pausing. What did you find out about yourself? Can you do this about someone else?	28. What are your goals for today?
29. What limitations are you putting on yourself? Instead of thinking I can't, think I can't yet but I will learn. Or I can!!	30. Look back at this months' calendar. List 3 things you promise you will do more often.	<p>Find out more about the resilience framework at <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a></p> <p><b>#RESILIENTMOVES</b></p> <p><b>WE WOULD LOVE TO HEAR ABOUT YOUR COPING MOVES. SHARE THESE WITH US ON TWITTER</b></p> <p><b>@RESRUTLAND @RUTELASUPPORT</b></p>				

**RESILIENT MOVES CALENDAR:**  
This month we share CORE SELF moves – Instil a sense of hope - understanding others' feelings – know yourself – taking responsibility – fostering talents – solving problems.