

February 2022: Belonging

1 What is your favourite thing about winter? Share a favourite winter photo or story with a friend.	2 Who are the good influences in your life? Say thank you.	3 What things do you like doing? Who are your friends? Where do you belong? Do something for you today.	4 Smile and be friendly. Can you pass a smile on today?	5 Who listens to you and makes you feel valued? Do you give this back to others too?	6 What are you looking forward to this month? Write these down. Any plans to make?	7 Have a cuppa, biscuit or cake with someone you care about. Maybe on a video call. Enjoy the chat.
8 Thank someone you are grateful for and let them know why.	9 What can you take responsibility for today?	10 Find a photograph of somewhere you visited or a time out with friends or family. Put it somewhere to remind you of good times.	11 What does friendship mean to you? What would a recipe be for a good friend? Can you paint friendship? Can you find it in a song or poem?	12 Celebrate even small successes of yourselves and others today. Praise goes a long way.	13 What clubs and activities are there at school or in the local community? Make plans. Where do you feel you belong?	14 Share an inspiring quote with someone and give them hope.
15 Send a friend or family member a photo of you together and having a good time. Share a happy memory.	16 Write down 3 people you can count on. Who can count on you? How can you show them this?	17 What is new this half term? What has been good about this? What have you found difficult - who/what can help?	18 Kindness is contagious. Be kind today without expectation of anything in return.	19 Look in the mirror. Tell yourself you are valued and belong.	20 Make a collage or reflect on favourite memories. What can you learn about yourself? Smile for being you. <small>Happy Birthday Kate x</small>	21 Tell your friends and family you love them. Hug someone, a pet, or a teddy.
22 Send a message to someone you cannot be with today. Remind them you are thinking of them.	23 Who or what inspires you? Ask your friends and family the same question. Share sources of inspiration.	24 Learn something from a friend or peer today. Does it feel good to try something new?	25 Foster healthy relationships. Spend time with those who see and bring out the best in you.	26 Do a fun activity with your friends over video call such as a quiz or playing a game.	27 Don't forget to check in with your quieter, shyer friend or colleague today.	28 What have been the best things about this month so far. Write 3 of them down. <small>Ps It is my mum's 80th birthday today. Happy Birthday Mum.</small>

RESILIENT MOVES CALENDAR:

This month we share BELONGING moves – Finding a place to belong, understanding our place in the world, Good influences, Relationships, Hope, People we can count on, Responsibilities, A focus on good times and places, Predict a good experience of something new, Making friends.

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 @RUTELASUPPORT