

July 2021: CORE SELF

1. Write down 3 things you would like to do in the next few days or weeks and promise to do them.	2. Check in on a family member or friend. How are they feeling?	3. Create a self-care wheel full of your favourite ways to self-calm. Try them.	4. List 3 things you can do in the next few days or months to help someone else.	5. What can cheer you up when you are sad? Do this today.	6. Draw or make a book case of titles that describe you.	7. Go for a walk with family members or friends. Talk about their week.
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 when something is difficult, or you feel confused? Share these with others.	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. Pass on a smile. How many can you share today?	16. Creative day: HOPE is so important. Produce some art, write a poem or short piece, act out or sing on the theme of HOPE.	17. Ask about others. And LISTEN hard. We have two ears and one mouth for this very reason.	18. List 3 things you can take responsibility for today.	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. Draw round your hands - list 10 talents or things you want to begin. How can you develop these?	21. What do your friends and family like doing? Do an activity together.
22. Make a drawing of 3 emotions we can have. Label these with how they can make us feel or behave.	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. Listen to your inner voice today. What is it saying? The key is to listen without rejecting it.	26. Let yourself dream. Did you know writing them down is the first step to making them happen?	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. Be helpful today.	31. Look back at this month's calendar. List 3 things you promise you will do more often.				

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.

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