

May 2021: Learning

1 Share a summer story with friends. What was one of your favourite moments?	2 Who are the good influences in your life? Treasure them and keep them close.	3 What new thing would you like to try? How do new things make you feel before and after you have done them?	4 Do something to help someone else today. Could this be at home or school?	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 Be kind and encourage new friendships. How might we do this today?
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 Who have you not properly chatted to yet in your class or workplace? Share a smile and a kind word.	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? Get involved - where do you feel you belong?	14 Share an inspiring quote with someone and give them hope.
15 Visualise a future in which you are happy. Make plans to achieve this.	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 Create a scrap book of people, places & activities you love. What has been good? What can you learn about yourself?	19 Look in the mirror. Tell yourself you are valued and belong.	20 Kindness is contagious. Be kind today without expectation of anything in return.	21 Check in with someone who may be feeling alone or anxious today. Help them to remember you care.
22 Who can you count on? Who can count on you? Remember to reach out and check in often.	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.	25 Foster healthy relationships. Spend time with those who see and bring out the best in you.	26 Be the reason someone feels valued and supported today.	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.
29 Send a friend or family member a photo of you together and having a good time. Share a happy memory.	30 What are you looking forward to next month? Write these down and pin them up.	31 Choose some activities from this month you would like to do more often.				

RESILIENT MOVES

CALENDAR:

This month we share LEARNING 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 SHARE THESE WITH US ON TWITTER @RESRUTLAND