

My Little Book of Resilience

Year 5

What can I do when things have made me feel sad or worried?



Friends

How to be a good friend?

Name _____ Date _____



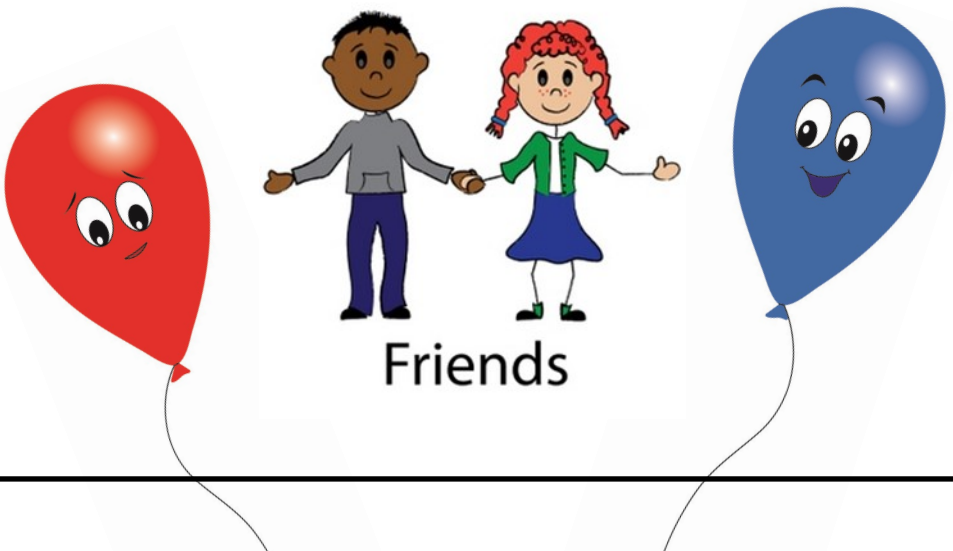
Raising awareness fighting depression

Robbie and Bella

Robbie and Bella are good friends. Robbie is a bit more sensitive than Bella and can get upset sometimes. Bella really values lots of things about Robbie and tries to help him to feel more positive about himself.

They watch the film Inside Out together and Robbie says that sometimes he feels he has lost his Joy. Imagine you are Robbie.

How do you think you would feel if you lost your joy?



Compliments are Cool

Robbie has lots of really positive characteristics and Bella helps to boost his self esteem by giving him compliments:

“You are really good at football”

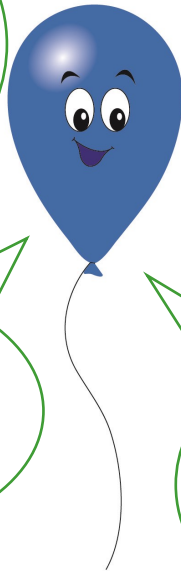
“You helped me learn my spellings”

“You are so imaginative and good at thinking up new games”

“You make me laugh a lot”

“You are kind to me when I am feeling nervous”


“You are so patient with your 3 year old sister”



Robbie really likes being with Bella and every time he hears a compliment it makes him want to smile and give Bella a compliment back.

Boosting self esteem

Write down or draw something you like about your best friend and something you think your best friend might say they like about you.



A large empty rectangular box for drawing or writing, with a yellow pencil icon in the top-left corner.

Here are some ideas of nice things people say about each other:

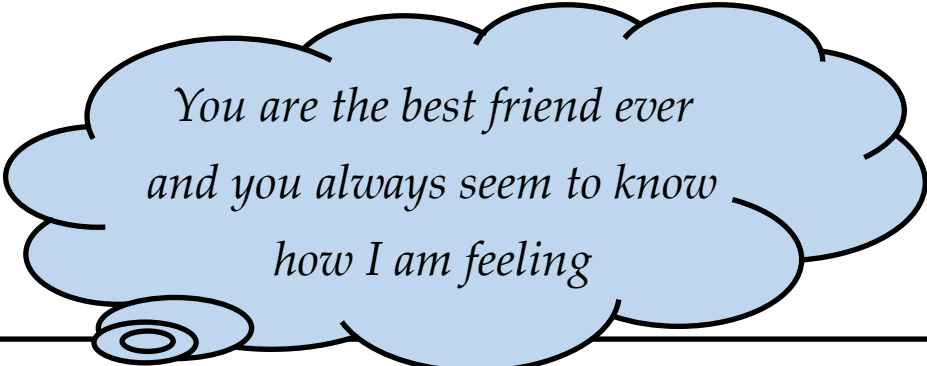
Cool...Awesome...

I really like your...
It's good how you...

I like how you...
You're good at...

It's nice the way you...

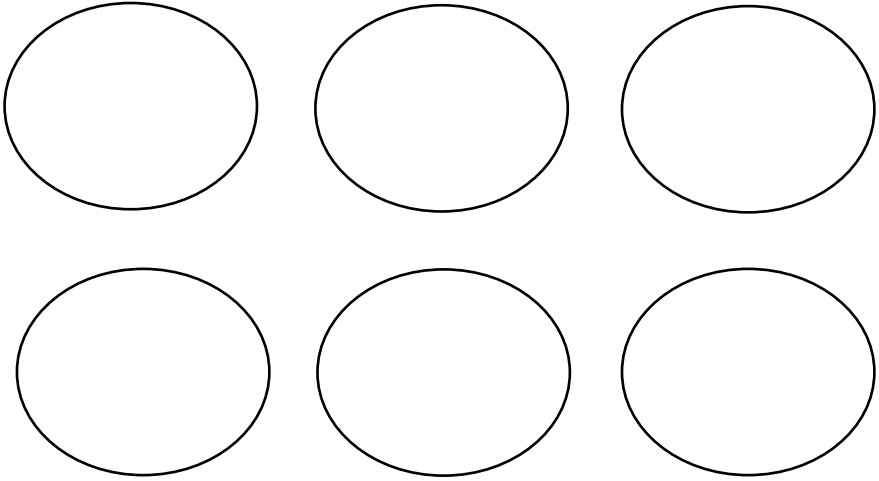
AutismTeachingStrategies.com



*You are the best friend ever
and you always seem to know
how I am feeling*

Things you like doing

Fill as many of the circles as you can with specific things you like doing at or outside school that help you feel good.



Some ideas to help you

Self Esteem Supports - what would you include here?



- Sport
- Sleeping
- Music
- Comedy
- Social Media
- Food eg chocolate
- Friends
- Family
- Pets
- Pampering/ personal grooming

Raising awareness fighting depression

The internet and social media

If you're between 8 and 10, you probably know a lot about using the internet. The Think U Know team have created an area for you to show you what we think is good, look at what's not and show you ways you can get yourself out of bad situations and know who to talk to if you are worried.. There is a cool cyber café and you can also play lots of fun games.

Have a look at www.thinkuknow.co.uk/8_10/ either in school or at home with an adult.

Good

1. _____

2. _____

3. _____

Not so good

1. _____

2. _____

3. _____



My support network

If I am having a bad day or something is worrying me I might want to talk to someone.

What would a good person to talk to be like? i.e. friendly

Who would I include in my support network and why?

- Someone from home

- Someone at school

- Someone else i.e. website

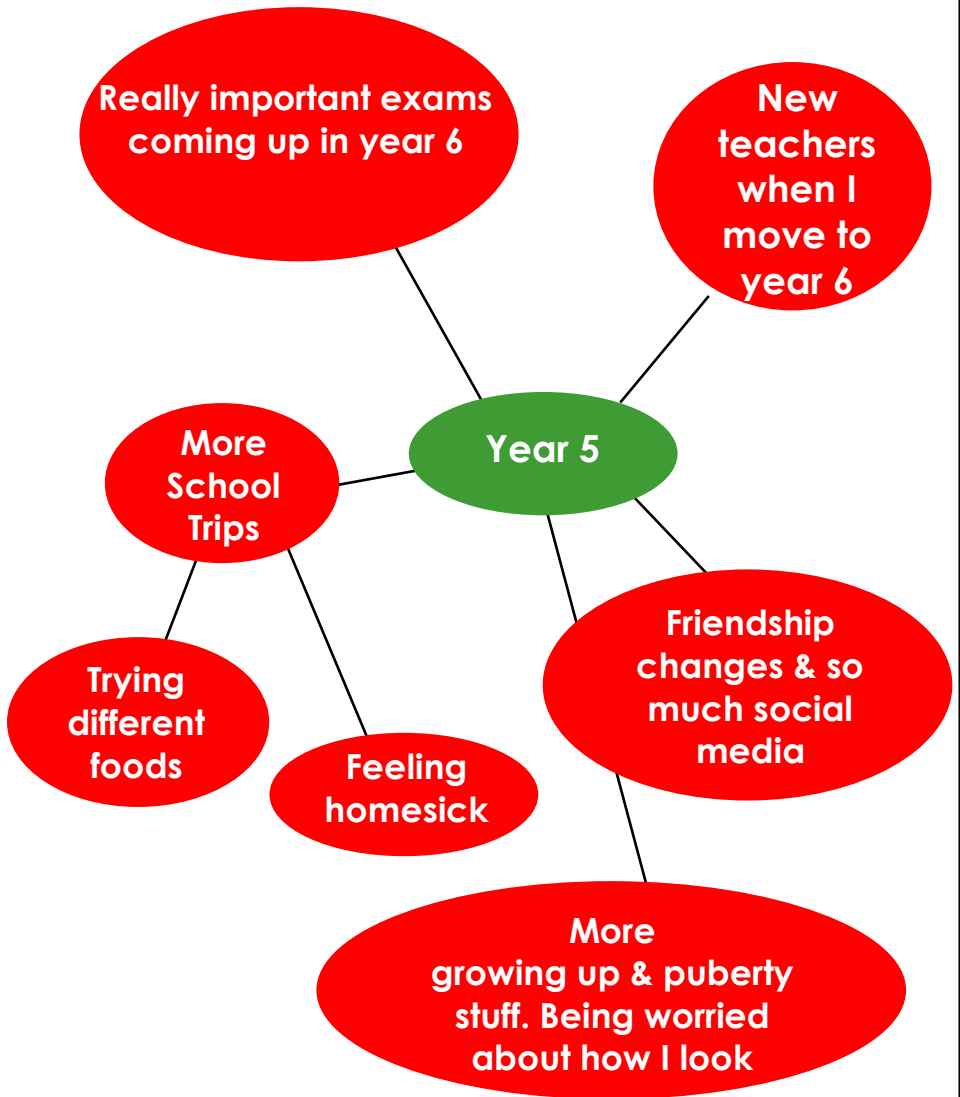
When you talk to a friend it can help, but if something is really important you should talk to an adult. Your friend could go with you.

Remember that an adult can't always keep everything secret. They might need to talk to other adults to get the right support for you.

You can talk to them about who needs to know what, but try to remember it's a good thing that people understand what is going on so they can help you. You might find it a bit scary to start with. After a while you will find it is much easier to deal with problems if you are getting help and support.

Worries

Things that a Year 5 pupil might worry about:



Can you think of any others?

Five step plan

A **five step plan** for addressing things that are on your mind and worrying you:

1. Identify what is worrying you

2. Talk to somebody

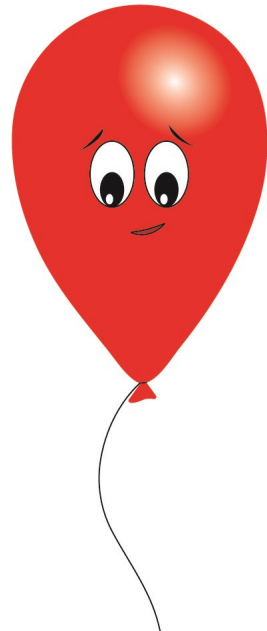
3. Work out some options

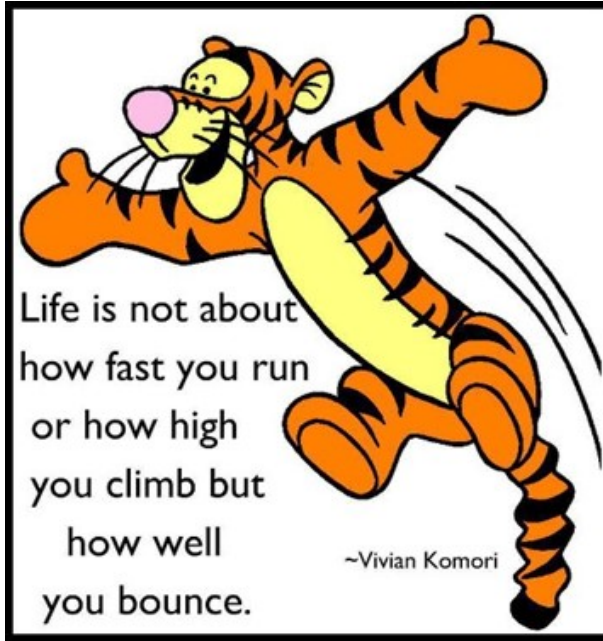
4. Try some of the options out

5. Review and reflect

If something doesn't work you can always try something else.

**Remember if you keep your
worries to yourself they will
become more troublesome and
you might start to believe
they are facts that cannot be
changed.**





*Childline is there to give you
confidential advice at any time and
about anything that is worrying you.*

www.childline.org

Raising awareness fighting depression

