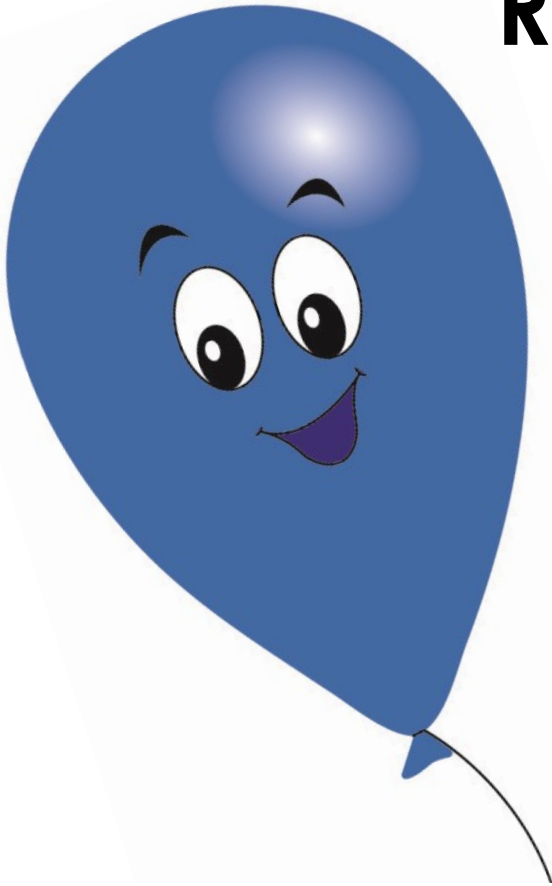


My Little Book of Resilience

Year 3



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

Name _____ Date _____



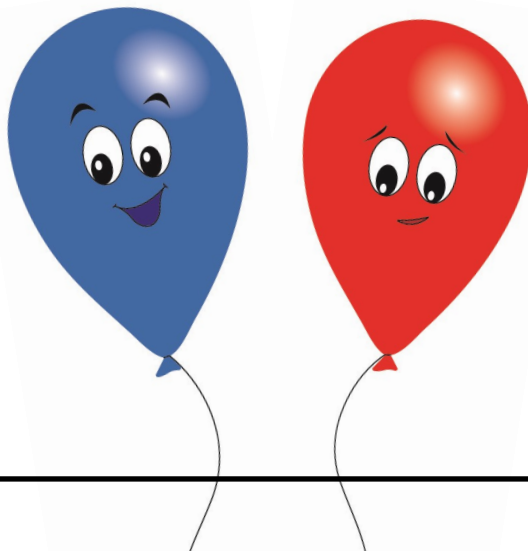
Raising awareness fighting depression

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

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

“You are really good at art”

“You helped me learn my spellings”

“You are good at thinking up new games”

“You make me laugh a lot”

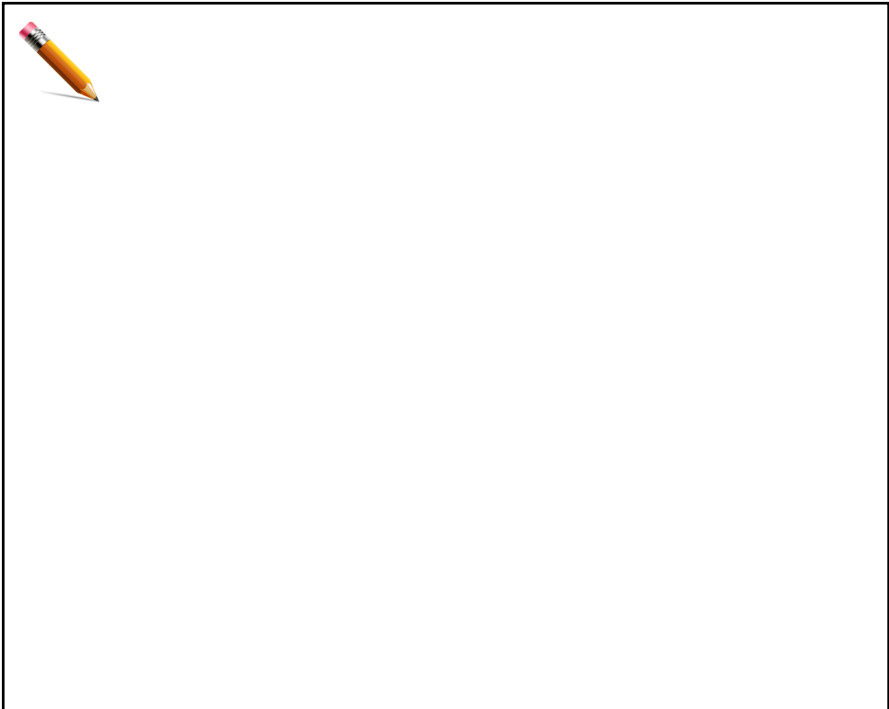
“You are kind to me when I am feeling nervous”

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

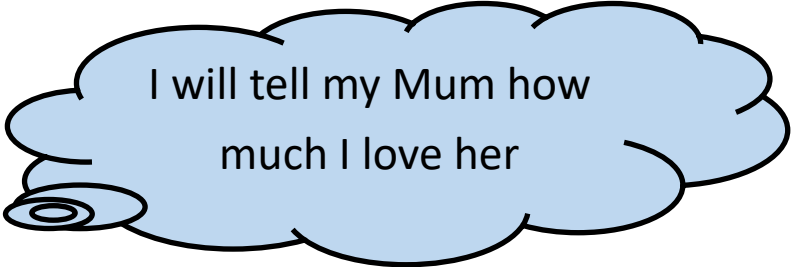
Robbie really likes being with Bella and every time he hears a compliment it makes him want to smile and give Bella a compliment back.

Boosting self esteem

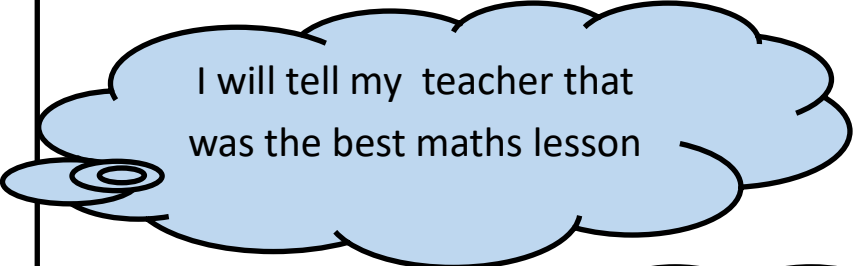
Write down or draw something you like about your best friend and something you think your best friend might say they like about you.



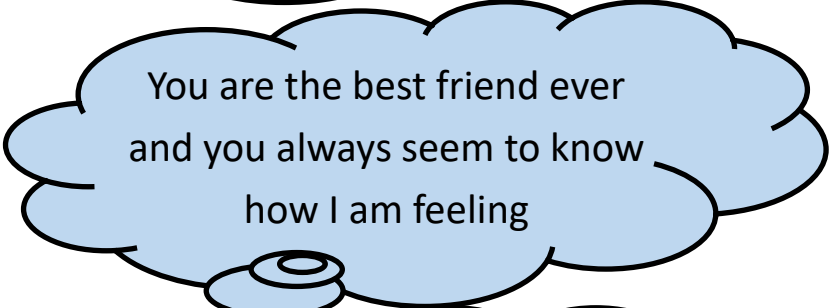
Here are some ideas of nice things people say about each other:



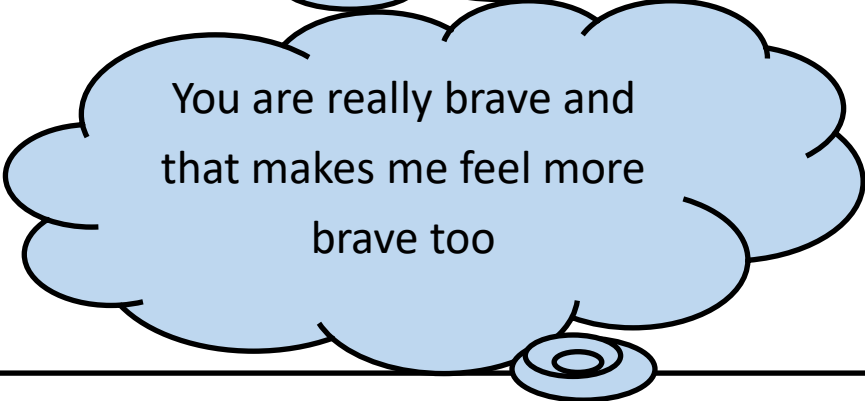
I will tell my Mum how much I love her



I will tell my teacher that was the best maths lesson



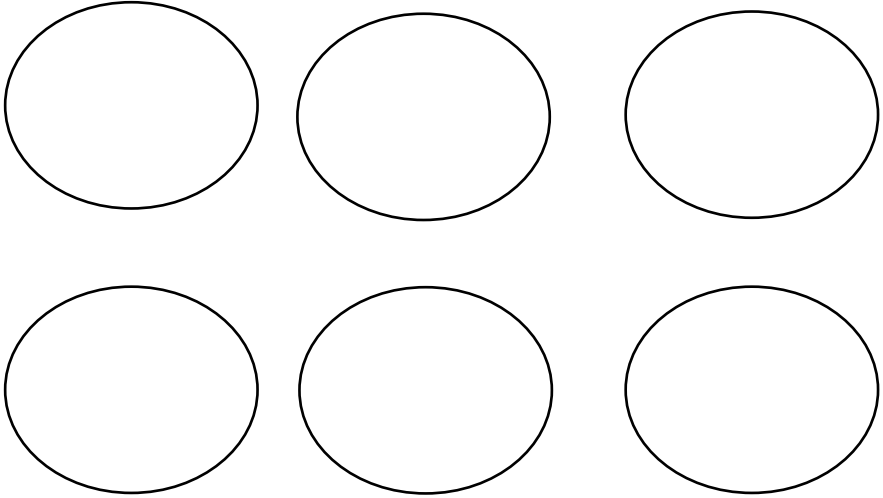
You are the best friend ever and you always seem to know how I am feeling



You are really brave and that makes me feel more brave too

Things you like

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 from the assembly:

When I am feeling anxious, sad angry etc I will.....



Friends

Raising awareness fighting depression

The internet and social media

Lots of children of your age like to use the computer for fun. 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 are also lots of fun games to play.

Have a look at www.thinkuknow.co.uk/5_7/ with a grown up

Write down three good things and three not so good things about playing on the computer.

Fun and Safe

1. *Playing games*

2. _____

3. _____

Not so Safe

1. *Meeting strangers*

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

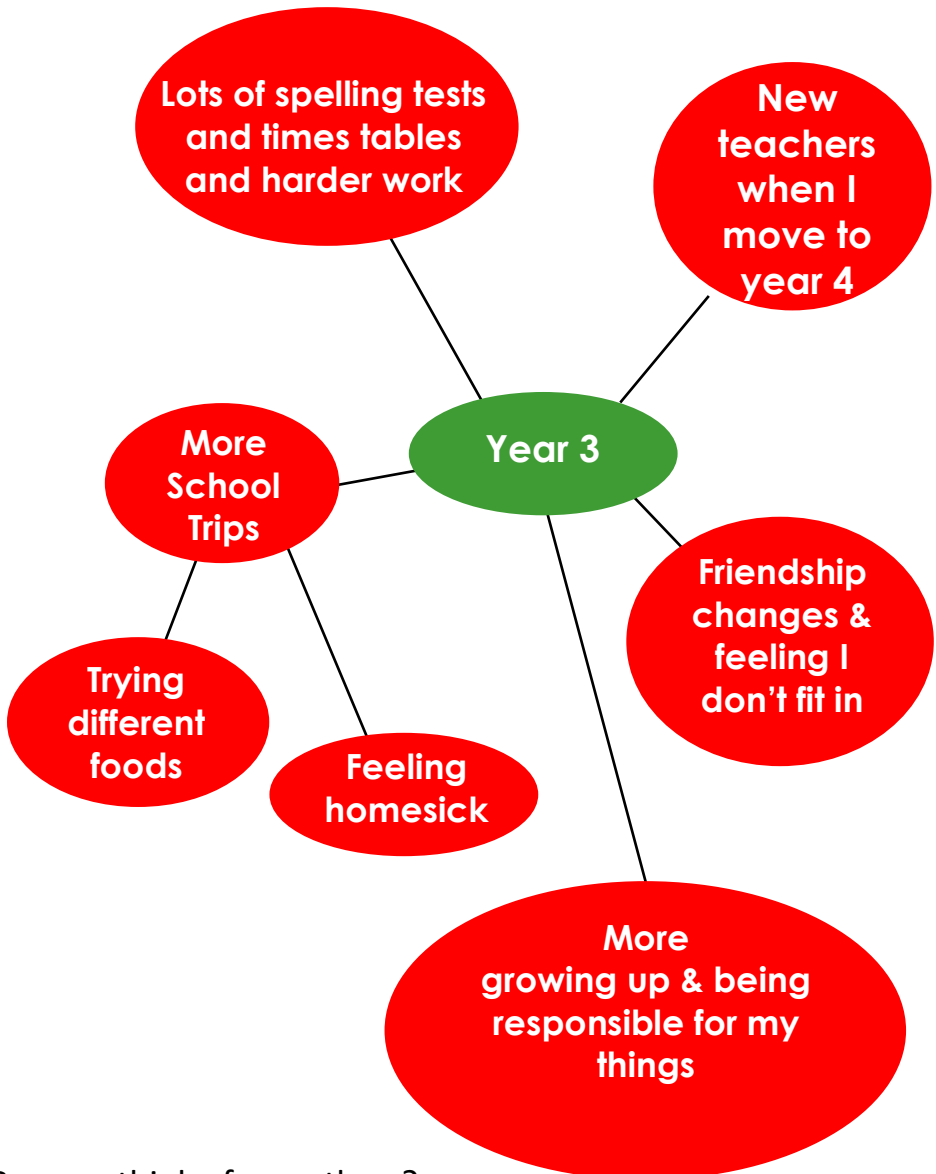
- Someone at school

- Someone else i.e. website

Remember that the person you talk to won't always be able to keep it a secret. They will want to make sure you get the support you need. You can talk to them about who needs to know what, but try to remember it's a good thing that people understand what's going on so they can help you, though it might seem a bit scary at first.

Worries

Things that a Year 3 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

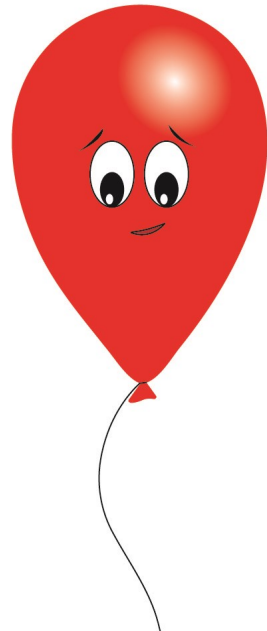
3. Work out some options

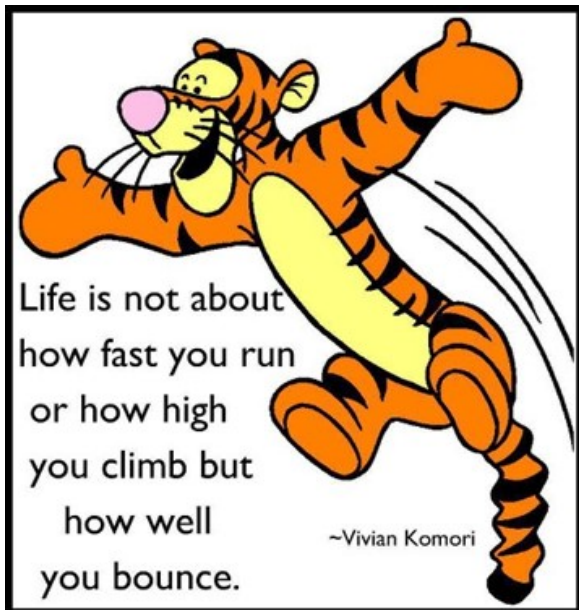
4. Try some of the options out

5. Review and reflect—how did it go?

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

