



POWER UP YOUR SHIELD





WHAT IS RESILIENCE ?

Resilience is like a **force field around your brain that helps you bounce back from stress, challenges, and tough situations.**

It's what keeps you feeling strong even when things get hard.

Everyone's resilience can be built up over time, just like strengthening a muscle.

When you face difficulties in life, your resilience shield protects you and keeps your emotions safe. It allows you to **recover** and **adapt**.

Having resilience doesn't mean you won't feel upset or stressed. Those feelings are normal! Resilience gives you the **skills to process and cope with challenges** in a **healthy way**.

To build your resilience shield, you need to practice **self-care**, ask for help, and develop skills like optimism, perseverance and compassion.

Just like the Earth's magnetic field, your brain's resilience shield will get stronger the more you nurture it!

The activities in this book will help you understand and develop your own personal resilience.

Get ready to boost your resilience shield!





ACTIVITY 1



Head to YouTube and watch this and subscribe to our channel whilst you are there!



<https://www.youtube.com/watch?v=ofSMiXnTzTU>



The video includes tips on how to **charge** your Resilience Shield, here's some more tips:

Courage – Facing something scary like a first day at a new school or a big game/recital. "I was nervous but found the courage to try."

Self-compassion – Coping with a mistake or failure. "I didn't do well on the test but I didn't beat myself up."

Optimism – Getting through a bad day or tough situation. "I tried to look at the bright side and hope for a better tomorrow."

Perseverance – Overcoming a challenge or learning a new skill. "I kept trying even though it was hard."

Resourcefulness – Solving a problem or figuring something out. "I came up with a creative solution."

Help-seeking – Asking trusted adults for support when needed. "I talked to my parents when I was upset."

Calming skills – Using breathing, meditation, or relaxation to relieve stress. "Deep breaths helped me calm down."

Positive self-talk – Countering negative thoughts with affirming ones. "I told myself I could get through it."

Humour – Finding laughable moments even during difficulties. "Making jokes about it helped me feel better."





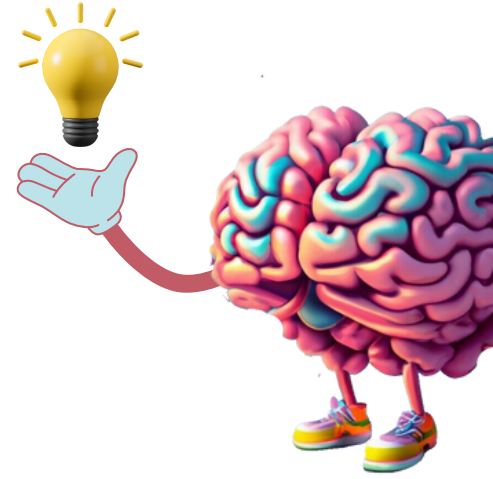
ACTIVITY 2

My Resilience Report

Write about a time when your resilience shield protected you from a difficult situation. What strengths did you use? Look at the previous page to remind you of the strengths.

TIPS AND TRICKS

- Write down any **challenging situation** you have faced, this could be anything from having a fight with a friend to moving to a new school.
- Reflect on **how you got through it**. What inner strength or support did you use? How did you bounce back and feel better?
- **Small everyday resilience counts too**, you don't have to write about huge situation.





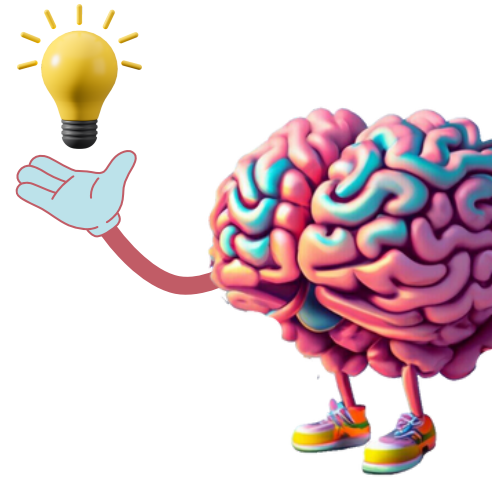
ACTIVITY 3

Optimism Power

Practice thinking optimistically. Write **3 positive things** that happened today. Positive thinking helps charge our shield.

TIPS AND TRICKS

- **Think small.** The positive things don't have to be big events. It could be something as simple as "I got to play with my favourite toy today."
- **Focus on what you're grateful for.** Make your list about the people, activities, or blessings you appreciate in your daily life.
- **Pay attention to your senses.** Maybe there was a tasty meal, a nice song you heard, or a beautiful sunset to add to your list.
- **Recall happy moments.** Even on hard days, there are usually pockets of joy, humour, or success. Look for those bright spots.





ACTIVITY 4

Compassion Charger

Write a letter of encouragement to yourself or a friend going through a tough time. Acts of kindness charge up your resilience shield.





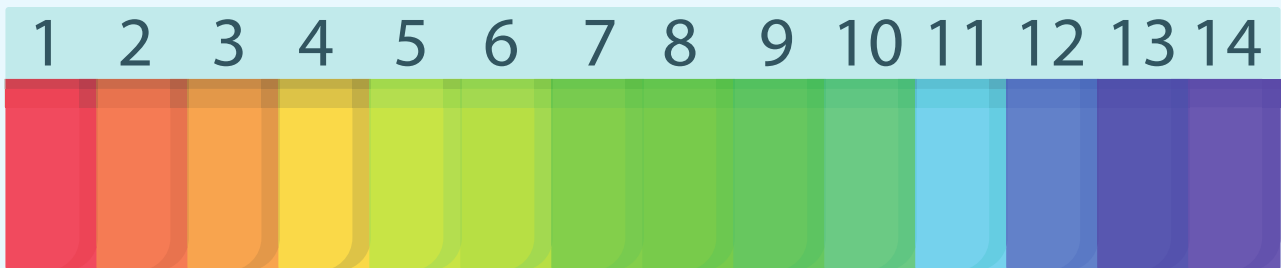
ACTIVITY 5

Rate Your Resilience

Use the resilience chart below to rate your resilience today.
Where do you sit on the rainbow?

Not Resilient

Very Resilient



What things could help boost your shield level?

What drains it?





ACTIVITY 6

Resilience Shield Wordsearch

Words are hidden → ↓ and ↘

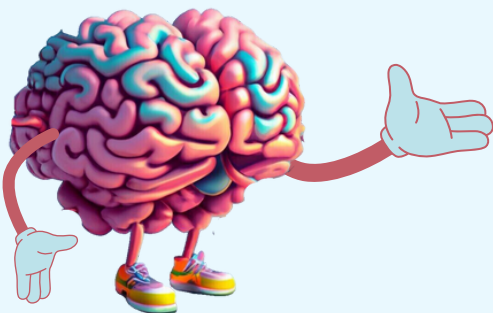
Find the words to boost your shield!

C Q K I A I R R Q V T B R A V E Y O
U O T M A O N F B F I F H X V J L B
F I U A P L F R I E N D S H I P F S
W O E R L U Q E I A M R L A N R Q U
A H C T A K L W C O N F I D E N T P
L S R U Z G C O M P A S S I O N T P
B K A B S O E A K K I N D N E S S O
R E S I L I E N C E R B M B L G T R
M H U M O U R T G V F P P T I G X T
I P A T I E N C E O E X S N L N X U
Y Q F J F L E X I B L E X O V K R C
S H I E L D Z N S K B K I K K J L V

BRAVE
COMPASSION
CONFIDENT
COURAGE
FLEXIBLE

FOCUS
FRIENDSHIP
HUMOUR
KINDNESS
PATIENCE

RESILIENCE
SHIELD
SUPPORT
TALK



***Every challenge makes
your resilience shield
stronger. Don't give up!***



Resilience is the superpower that allows you to thrive



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