

The background is a vibrant, abstract painting with thick brushstrokes in shades of blue, green, red, and yellow. A large, white circle is centered on the page, containing the text. The text is in a bold, black, sans-serif font.

**CHILDREN'S
TOOLS FOR LIFE**

REMARKABLE ME

**BUILDING CONFIDENCE AND
GROWING RESILIENCE**

WEEK 1 RESOURCES

1

ARTS & CRAFTS (PENS, PAPER, PENCILS, CRAFT EMBELISHMENTS)

2

SCISSORS

3

SELF ESTEEM BINGO CARDS

4

PAPER PLATES

5

STRING

6

GLUE

7

8



INTENTION TREE

GET YOUR INTENTION LEAF OUT FROM LAST WEEK





SELF-ESTEEM BINGO

**MAKE SURE YOU HAVE YOUR BINGO CARDS PRINTED OFF,
SHUFFLE THEM AND CHOOSE ONE**



PLEASE MAKE SURE YOU HAVE
PRINTED OUT ALL BINGO CARDS
THAT ARE FOUND ON THE
WEBSITE.
PLEASE SHUFFLE THEM AND
CHOOSE ONE.



CONNECT TEAMS

YOU WILL NEED TO HAVE YOUR WHEEL OF RESILIENCE PRINTED AND CUT OUT



YOUR HOME CONNECT TASK IS TO
WRITE DOWN TWO THINGS THAT
HAPPENED TO YOU IN THE WEEK
THAT HELPED TO BUILD YOUR
RESILIENCE



You can display this in anyway you
like for example a mind map or
poster.

Wheel Of Resilience

PLEASE PRINT OFF AND CUT OUT THE WHEEL



Wheel Of Resilience

CHOOSE WHAT OPTION YOU THINK IS BEST FOR THAT SITUATION

1

DO YOU?

- A. Do nothing and hope he gets bored
- B. Confront the bully and report it to the school if it continues

2

DO YOU?

- A. Be brave and go along anyway for the experience
- B. Ask a friend to go with you for moral support

3

DO YOU?

- A. Acknowledge your feelings of sadness and comfort others too
- B. Hold in your tears so people don't think your weak

4

DO YOU?

- A. Accept it without question as its out of your control
- B. Ask an adult if there is a way of appealing the decision

5

DO YOU?

- A. Keep in touch and plan to meet up again as soon as possible
- B. Get really angry at the adults for taking your best friend away

6

DO YOU?

- A. Accept that you can't do any better in this subject anyway so don't bother making a fuss
- B. Work harder to prove to others and yourself that you can achieve anything when you put your mind to it

7

DO YOU?

- A. Get angry and blame your parents for ruining your life
- B. Trust that the decision your parents made was for the right reasons, and they will always love you

8

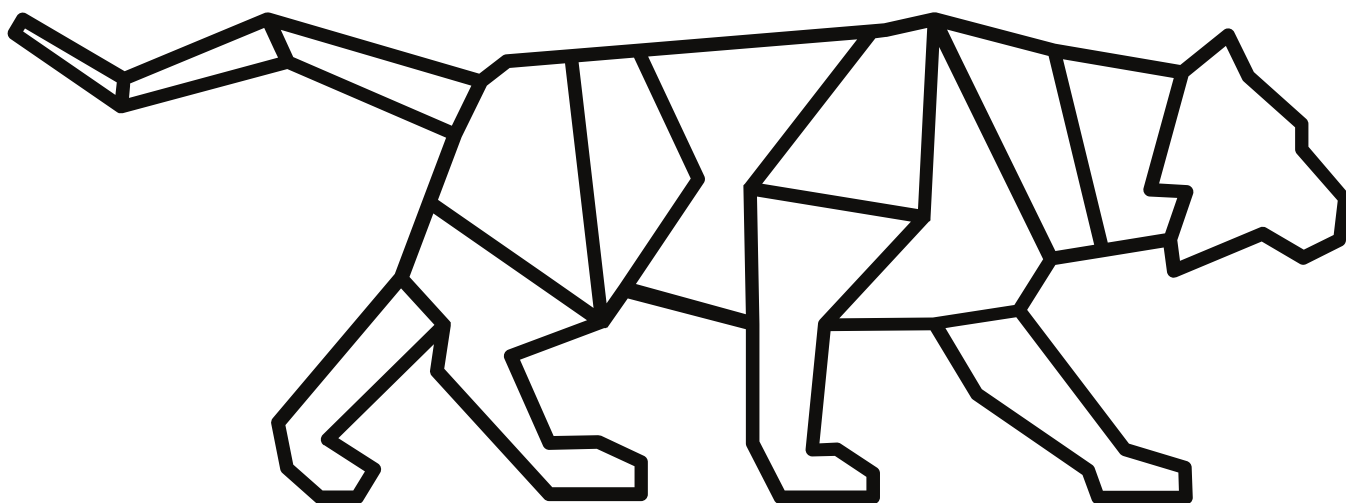
DO YOU?

- A. Do the same back and say something mean and untrue about them
- B. Remind them that what they have done is a criminal offence and ask them to take it down before you report them



MAKE A POWER MASK

YOU WILL NEED PAPER, CARD, PENS, SCISSORS & STRING



CREATE YOUR OWN POWER ANIMAL MASK



Using card or paper create your own animal power mask.

Choose an animal you feel like you represent. Make some eye holes with scissors and using the string make a band so you can wear your mask.



REMARKABLE ME CIRCLE

TIME TO SHARE WHAT YOU FEEL WORRIED ABOUT AND WHAT YOU ARE GRATEFUL FOR WITH THE GROUP

THANK YOU

THINK ABOUT SOMEONE
IN THE GROUP WHO YOU
WANT TO APPRECIATE

Put your hand up & wait to be chosen. Say someones name in the group and say why you want to thank them.