

Scenarios

TO SUPPORT RESILIENCE

SCENARIO 1

Bob says he "got in trouble" off his History teacher and is upset when he arrives home from school.

ACTIVITY:

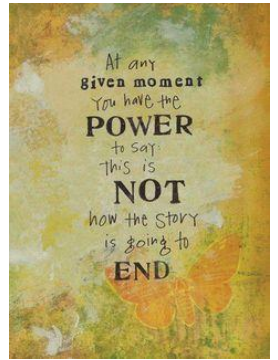
List your response for each of the 5 resilient skills using an encouraging and positive language that enhances resilience.

1. OPTIMISM (HELPFUL AND POSITIVE THINKING)

(e.g. "you have never really gotten into trouble before so why did you get into trouble")

2. EXPRESSING AND READING FEELINGS

(e.g. "it is good that you tell me about your feelings")



3. COURAGE

(e.g. "What is the worst thing that could happen?")

4. PROBLEM SOLVING, PLANNING AHEAD

(e.g. "How can you work this out?")

5. REACHING OUT, CONNECTIONS

(e.g. "Could you speak to your teacher about this?")
