

YOUNG Mi MINDS

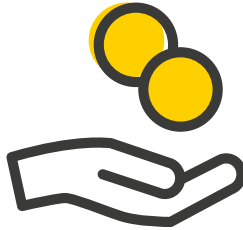


RESILIENCE CARDS

**A resource to promote resilient practice
with children and young people**



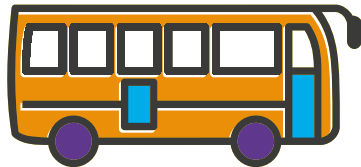
I am happy where I live



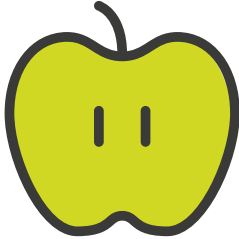
I have enough money



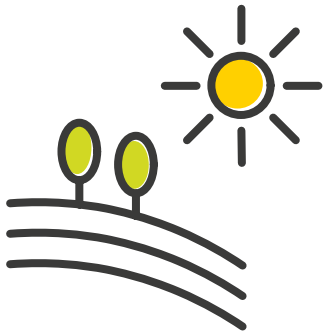
I feel safe



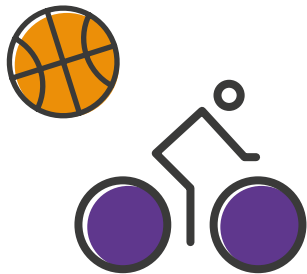
**I have access
to transport**



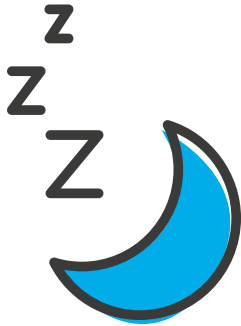
I eat healthy food



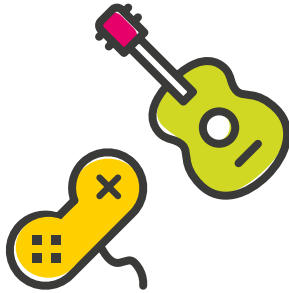
I spend time outside



I do exercise



I get enough sleep



**I have access to leisure
activities that I enjoy**



I do not feel judged



**I have a place where
I feel that I belong**



**I have contact with all of the
people who are important to me**



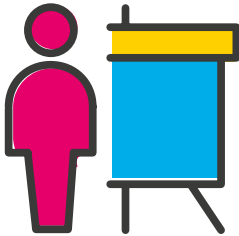
**I have an understanding
about my past**



**I can imagine good things
happening in the future**



I have friends



**I have help to make
school or work go well**



**People tell me when
I have done well**



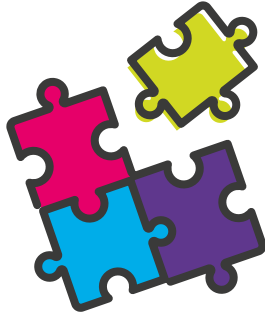
I am helped to develop life skills
(such as cooking, managing money etc)



**I know what the rules
are in different settings**
(and I can stick to them)



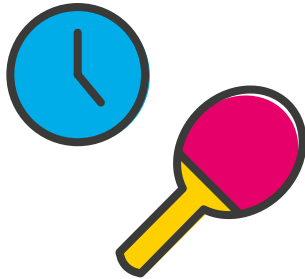
I am brave



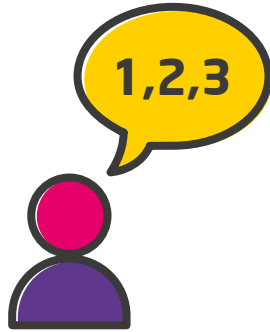
I can solve problems



**I can see the good
in situations**



**I spend time doing the
things that interest me**



**If I am upset or angry
I can calm myself down**



I can ask for help if I need it



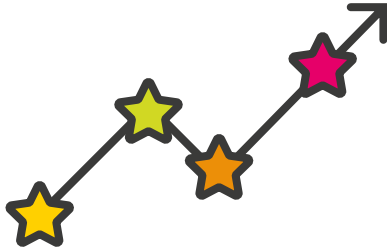
I have a laugh



**I am helped to understand how
other people might be feeling**



**If I have done something
wrong I can own up**



**I am helped to do more of
the things that I am good at**



**I have an adult who I
trust and I can rely on**



I am not bullied