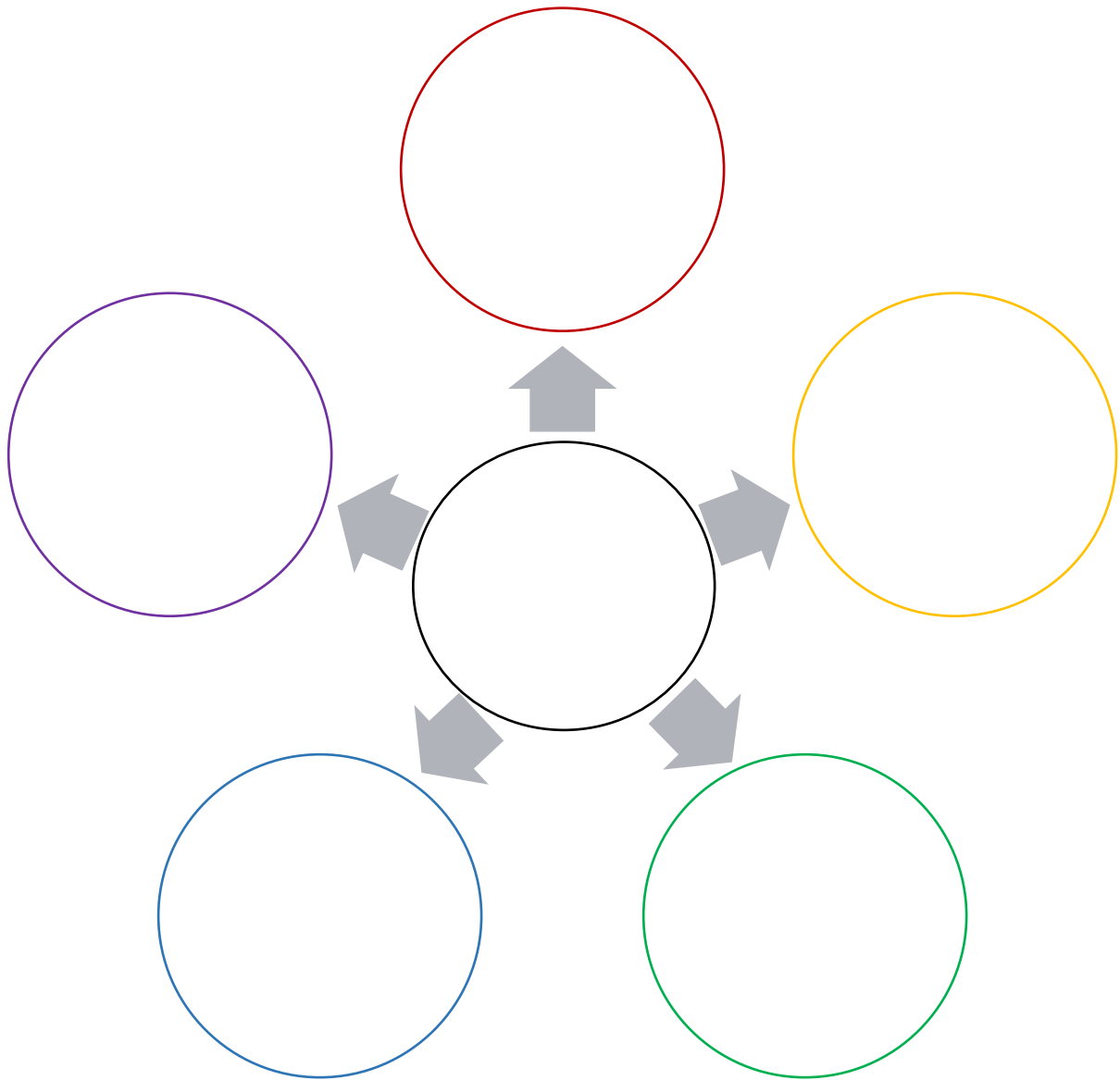


“My Roots of Resilience”

What five ‘roots’ can you tap into when you are going through a stressful or challenging time, or experiencing some difficult thoughts and feelings? Work with a trusted adult to help you to complete this.



These ‘roots’ can help you to feel stronger and more stable when faced with something that is difficult for you to cope with.

“My Roots of Resilience”

Joe’s Example

