The Journey...
Adventures in Resilience
What is Resilience?

Resilience is the ability to keep going when things don't go as we expect, and to have a way of thinking about and talking about our feelings.

Having resilience means we can face the ups and downs of change and take on the challenge of transitions. Resilience helps us get to where we want to go and overcome obstacles on the way.

Failing helps us to learn what doesn’t work. You don't know what you're capable of until you try!
Hey, I'm Jo and this is my story!
Changes happen all the time and sometimes it's hard to know what to do about it.

Sometimes we don't know what or when it will happen... but suddenly, for no reason things change!

I know things have been changing since I was born, but nothing prepared me for the changes that have happened recently.

The Journey I have been on has been hard. Maybe some of my experiences and the things I have learned could help you too.
The Journey...
I got sent home today, what’s that about???

Me too!

What’s going on?

Don’t know

Crazy!!!

OMG! What just happened? We’re being sent home from school...for ever! What is going on? This is happening so fast and we haven’t even done anything wrong!

#confused #frustrated #stuckathome!
Space to Think...

Capture this on paper or digitally

My feelings
1.
2.
3.

My thoughts
1.
2.
3.

BIG QUESTIONS

How do I cope with this change?

Can I learn anything from this?

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This week’s my birthday and now it’s not happening. Really???

Do you want to go for a walk?

No, I DON’T want to go for a walk!
Space to Think...

My feelings
1. 
2. 
3. 

My thoughts
1. 
2. 
3. 

BIG QUESTIONS
How will this end?
What am I certain of?

I am uncertain

Capture this on paper or digitally

Resilience Alphabet!

Help!

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The Pit

Is this ever going to end?

RU okay?

This is rubbish!

IKR!

I feel like I've been grounded for ever!!!!

I am stuck

Jo
@ResilienceAlph1

Everyone is so grumpy! I haven't done anything, and I seem to keep getting in trouble 😞 Wish I could go out with my friends.

#fedup #needingfriends #what'sthepoint

Help!
Space to Think...

Capture this on paper or digitally

My feelings
1.
2.
3.

My thoughts
1.
2.
3.

BIG QUESTIONS

What can I do to feel better?

Who can help me?

What I can do
1.
2.
3.

Resilience Alphabet!

Help!

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Soooo bored!!!

WUU2?

Staring at my screen!

Still in bed

What else is there to do?

Wanna catch up more often?

Yeah, that be good 😊

I need others

I need to do something! Hope things get better soon.

What can I do today to make it better? I think I need some help.

#makeaplan #dosomething #gethelp

Help!
Space to Think...

Capture this on paper or digitally

**My feelings**
1. 
2. 
3. 

**My thoughts**
1. 
2. 
3. 

**My helpers**
1. 
2. 
3. 

**BIG QUESTIONS**

How can I move forward?

What can I do with help?

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Hi, how are you?

Hey, good, you?

I'm not okay! 😞

...I'm not really ok either

Wow, I thought it was just me

I am strong

It's not just me – amazing that I am not in this alone. This is the pits, anything is better! One step at a time is all that is needed.

#hope #wecandothis #strongertogether
Space to Think...

Capture this on paper or digitally

My feelings
1.
2.
3.

My thoughts
1.
2.
3.

What I can try
1.
2.
3.

I am strong

BIG QUESTIONS

What am I learning about myself?

How can I keep going?
It's been really good talking to you.

Yeah?

Good to know others are feeling the same as me, hope you're okay?

It's good to talk 😊

I'm going out for a walk.

Jo

@ResilienceAlpha1

I am stronger! Things are tough, but I am tougher! Thank you for those who have listened and helped me. Thanks for being by my side! 💖🌈

#outofthepit #resilience #managingchange

Help!
Space to Think...

My feelings
1.
2.
3.

My thoughts
1.
2.
3.

What I wonder
1.
2.
3.

BIG QUESTIONS

What helped?

Can I learn from this?
When life is tough, you need to help others and let them help you.

Every big change doesn't last forever.

You can sit in the Pit and expect something to happen, but finding a tiny bit of strength within yourself can help you climb back to a place where you are OK.

Help! I can do it!

Jo @ResilienceAlph1
Everything will be alright, does not mean that everything will stay the same. Change is hard but by sharing The Journey and my learning with you, we can let change help us grow! #TheJourney 😘
Space to Think...

Capture this on paper or digitally

**My feelings**
1.
2.
3.

**My thoughts**
1.
2.
3.

**What I know**
1.
2.
3.

**BIG QUESTIONS**

What do I know about change?

What have I learned about 'me'?

I can do it!

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What helps?

I have strengths and supports that can help me when things get hard.

Support can come from people around me like friends, teachers and family.

I can find my own strength and help myself too.

Change is all around me, but it’s not the end of the world.

My feelings warn me that I need to think about something or take action.

Whatever happens, I am strong and I can manage change.
I have learned the importance of asking for help and these people can help me.

Who can help?

SAMH
Aberlour
See Me

Family & Friends
Young Scot
Childline
My Doctor
Someone at School

Click the arrow to return to My Journey
# Resilience Alphabet - To help you think, understand and find your way through change!

<table>
<thead>
<tr>
<th>Letter</th>
<th>Word</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Anger</td>
<td>It's OK to feel angry when we are facing change</td>
</tr>
<tr>
<td>B</td>
<td>Believe</td>
<td>I believe I can adapt to change well</td>
</tr>
<tr>
<td>C</td>
<td>Certain</td>
<td>What can I still be certain of?</td>
</tr>
<tr>
<td>D</td>
<td>Doubt</td>
<td>It's OK to be uncertain about things I have no control over</td>
</tr>
<tr>
<td>E</td>
<td>Emotions</td>
<td>My way of knowing how I am feeling</td>
</tr>
<tr>
<td>F</td>
<td>Frustration</td>
<td>It's OK to be frustrated when things don't go my way</td>
</tr>
<tr>
<td>G</td>
<td>Gratitude</td>
<td>It is good to think about all the good things I have</td>
</tr>
<tr>
<td>H</td>
<td>Help!</td>
<td>I can help myself, and others can help me too</td>
</tr>
<tr>
<td>I</td>
<td>Inner Strength</td>
<td>I become stronger every time I face change</td>
</tr>
<tr>
<td>J</td>
<td>Journal</td>
<td>Draw, Write, Doodle - a great way to handle our thoughts and feelings during change</td>
</tr>
<tr>
<td>K</td>
<td>Kind</td>
<td>Be kind to others during change. It's hard for them too</td>
</tr>
<tr>
<td>L</td>
<td>Loss</td>
<td>It's OK to be sad about the things we're missing</td>
</tr>
<tr>
<td>M</td>
<td>Music</td>
<td>Listen, Sing, and Dance your way through change</td>
</tr>
<tr>
<td>N</td>
<td>Network</td>
<td>Build a strong network one person at a time</td>
</tr>
<tr>
<td>O</td>
<td>Obstacles</td>
<td>I can go through, over, under, or around obstacles by using my determination</td>
</tr>
<tr>
<td>P</td>
<td>Pit</td>
<td>When I’m in the Pit, I will reach out for help</td>
</tr>
<tr>
<td>Q</td>
<td>Question</td>
<td>What is the best thing I can do today to build my resilience?</td>
</tr>
<tr>
<td>R</td>
<td>Resilience</td>
<td>Building my inner strength and wellbeing</td>
</tr>
<tr>
<td>S</td>
<td>Smile</td>
<td>Smiling makes us feel good!</td>
</tr>
<tr>
<td>T</td>
<td>Think</td>
<td>I am in control of what I think</td>
</tr>
<tr>
<td>U</td>
<td>Uplift</td>
<td>The climb up to a place where I feel safer</td>
</tr>
<tr>
<td>V</td>
<td>Value</td>
<td>The things that are important to me when life is tough</td>
</tr>
<tr>
<td>W</td>
<td>Write</td>
<td>Writing things down can be a great way to get things out of my head</td>
</tr>
<tr>
<td>X</td>
<td>X-ray</td>
<td>The ability to see a way through something that may look scary at first</td>
</tr>
<tr>
<td>Y</td>
<td>You</td>
<td>I've learned to navigate change and now I can help you too!</td>
</tr>
<tr>
<td>Z</td>
<td>Z</td>
<td>The last letter of the Alphabet!</td>
</tr>
</tbody>
</table>

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We've reached the end of Jo's Journey and we hope you've learned:

- Change happens all around us
- We can build our resilience to help us journey through change
- We can support others by sharing what we have learned

With special thanks to Rebecca Ross (Age 14)