



**YOUNGMINDS**

# RESILIENCE CARDS

A resource to promote resilient practice  
with children and young people

**I am  
happy  
where  
I live**

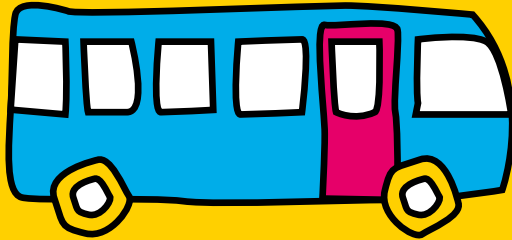


**I have  
enough  
money**



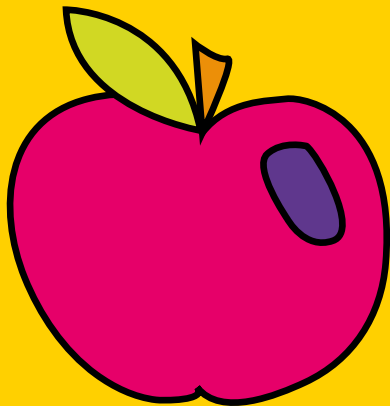


**I feel safe**

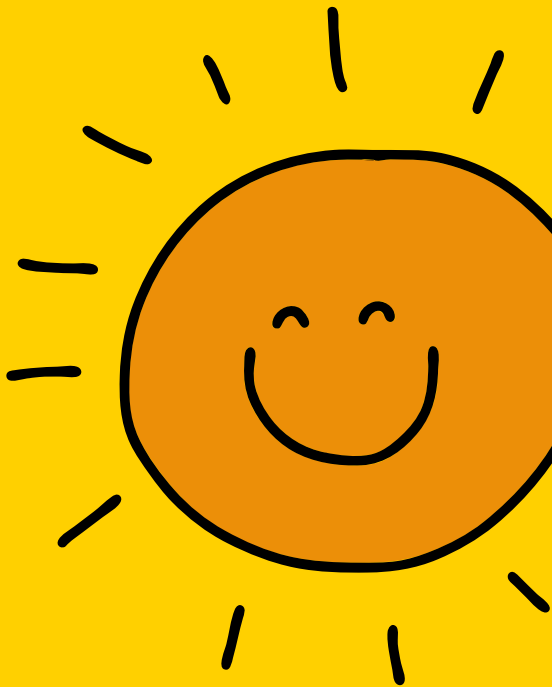


**I have access  
to transport**

**I eat  
healthy  
food**



**I spend  
time  
outside**

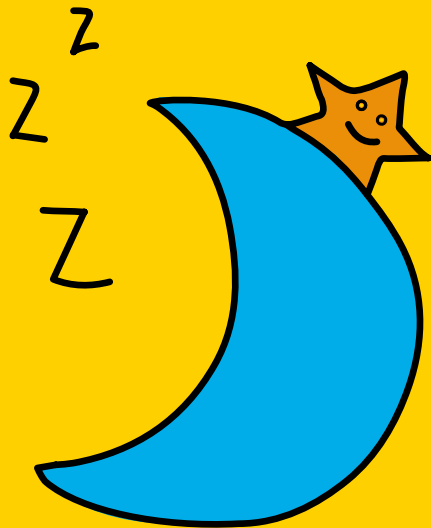


**I do  
exercise**

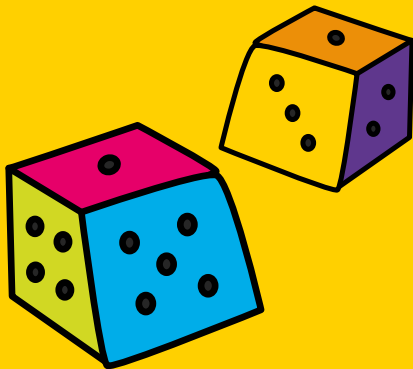




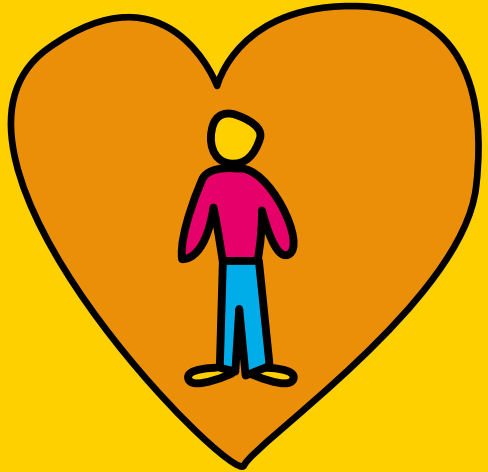
**I get  
enough  
sleep**



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



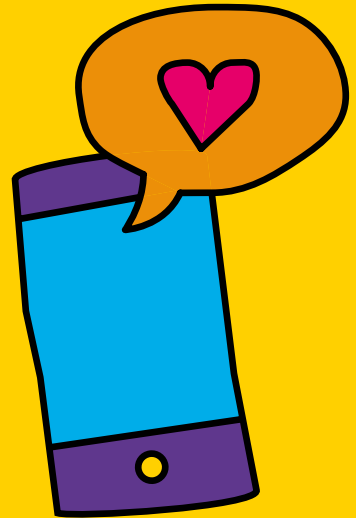
**I do  
not feel  
judged**



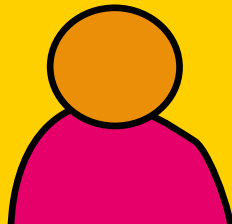
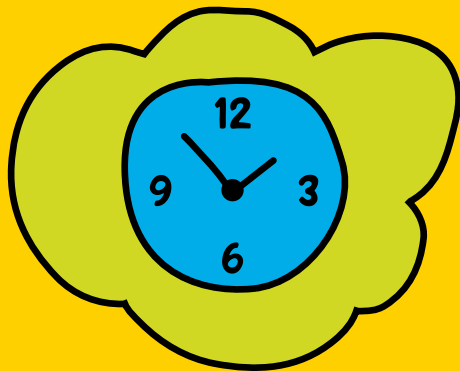
**I have a  
place where  
I feel that  
I belong**



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



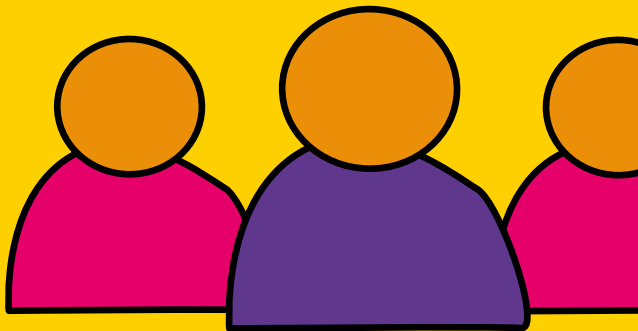
**I have an  
understanding  
about my past**



**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**



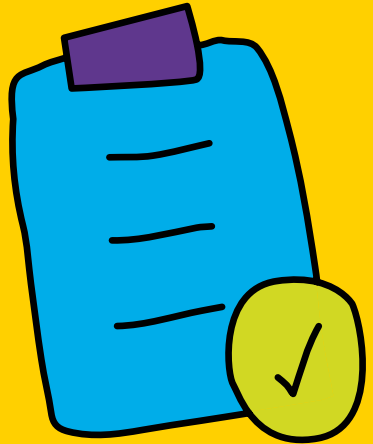
# I am helped to develop life skills

such as cooking,  
managing money etc



**I know what  
the rules are  
in different  
settings**

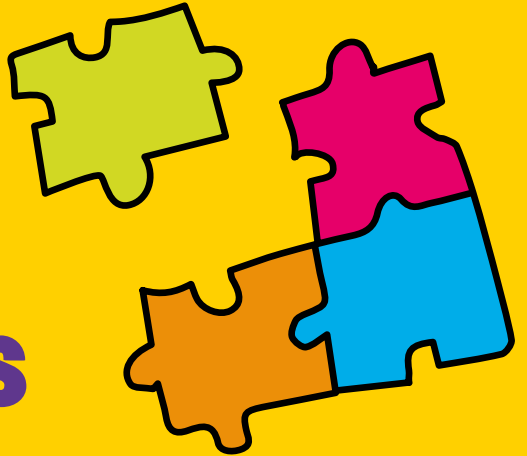
**and I can stick to them**



**I am  
brave**

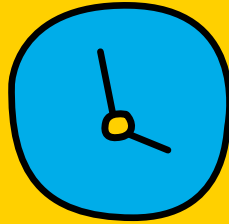


**I can  
solve  
problems**



**I can see  
the good in  
situations**

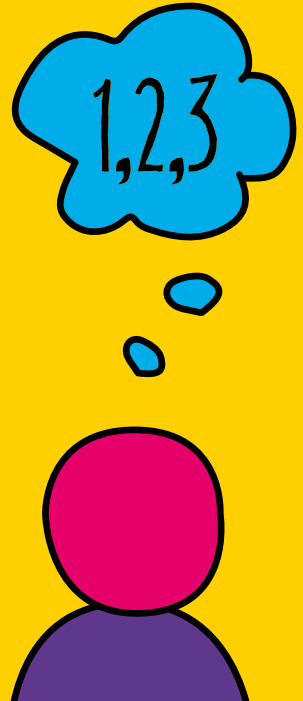




**I spend time  
doing the things  
that interest me**



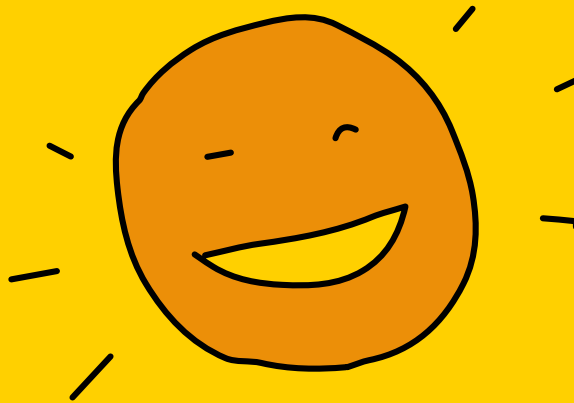
**If I am upset  
or angry I  
can calm  
myself down**

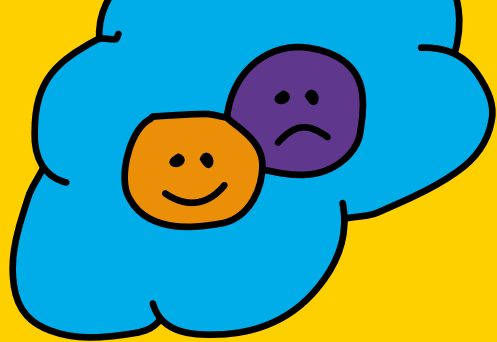


**I can ask  
for help if  
I need it**



**I have  
a laugh**

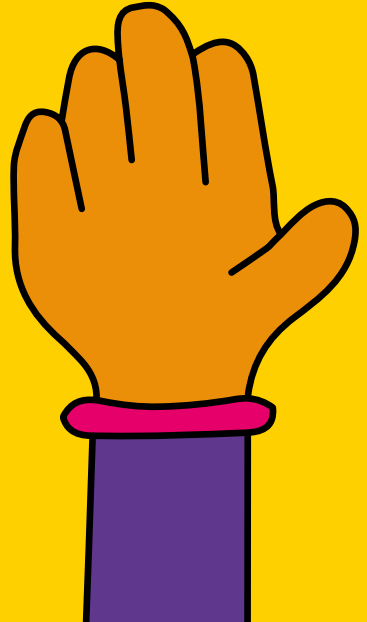




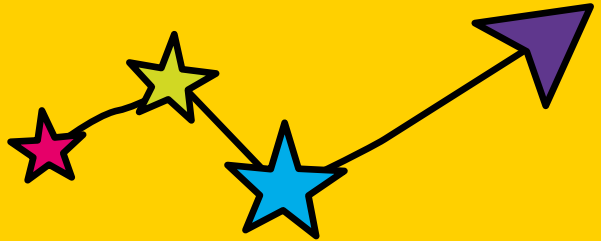
**I am helped to  
understand how  
others might feel**



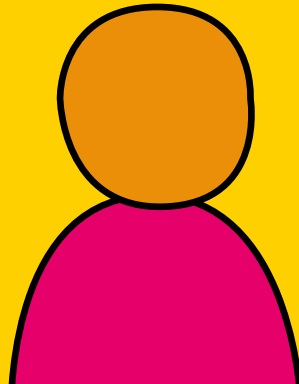
**If I have  
done  
something  
wrong I can  
own up**



**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**

