

Resilient Tutor Group Slide Resource

Produced by Kathryn Coleman



Developed in partnership with

YOUNGMINDS

The voice for young people's mental health and wellbeing

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*
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Community
University
Partnership
Programme

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**Do I have the
powers needed
for a happy
and successful
life?**

**Am I
resilient?**



Where Is My 'Home Sweet Home'?



Having Enough Money To Live



Where Am I Safe?



How do I Get Around?



Eating a Healthy Diet



“I love the feeling of the fresh air on my face and the wind blowing through my hair.” *Evel Knievel*



Do I get enough sleep?



How Do I Spend My Free time?



“We must learn to live together as brothers or perish together as fools.”

Martin Luther King Junior



Where Do I Belong?



The Importance Of Friends and Family



Do I Tap Into Good Influences?



Sticking at Relationships and



Making Them Last

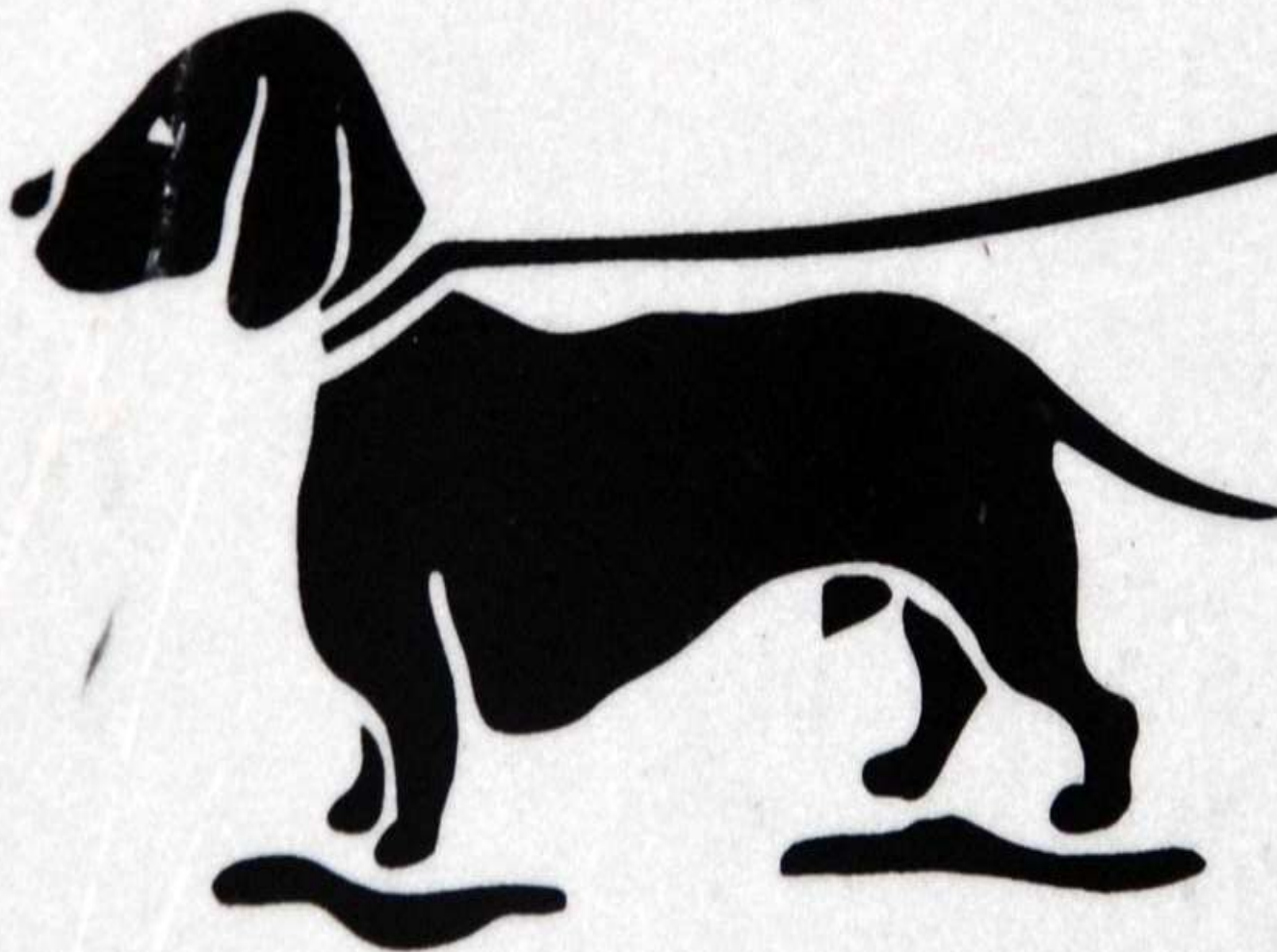
Do I Make The Most Of Opportunities To Make Friends And Get To Know People?



Who can I count on?



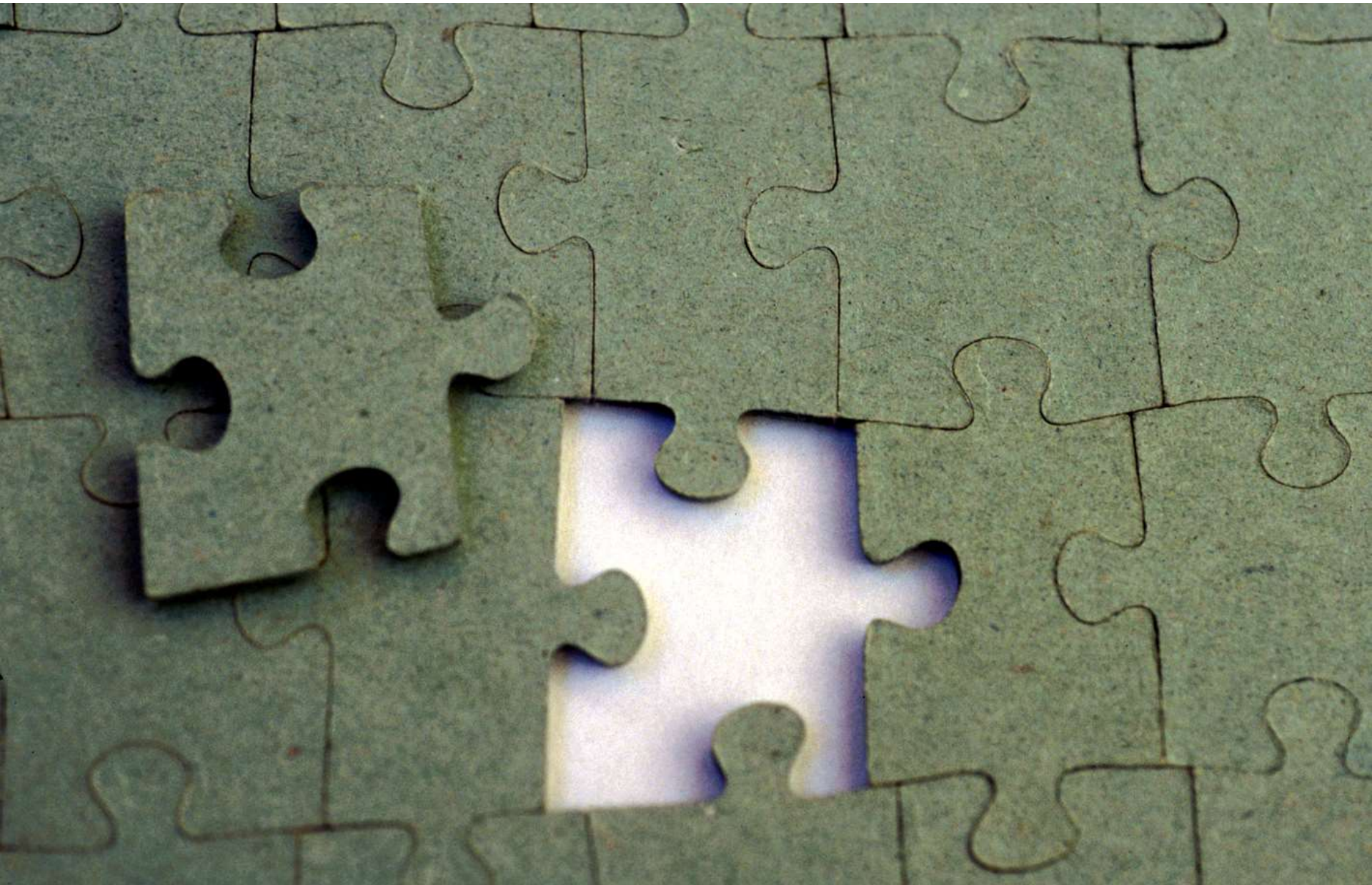
Taking My Responsibilities Seriously



Where is my memorable place?



Where Did I Come From?



How Well Do I Mix With Others?



Making School Work For Me



Planning for the Future



Being Organised



How Well Am I Doing?



Developing Skills For Life



People Who Can Guide Me Through Difficult Times



“Boundaries are to protect life, not to limit pleasures”
Edwin Louis Cole



What powers do I have to help me cope?



How Do I Solve Problems?



Is my cup half full or half empty?



Am I wearing my
“rose-tinted spectacles?”



Following My Interests



Making Time To Relax?



Let Go Of My Worries – Tomorrow Is Another Day



Who can I lean on?



**Do I look on the bright side
and have a laugh?**



“The difference between a dreamer and a visionary is that a dreamer has his eyes closed and a visionary has his eyes open” *Martin Luther King Jr., I Have a Dream*



Do I Consider How Other People Might Feel?



How well do I know myself?



Taking Responsibility For Me



Am I Fostering My Talents?



Who can help me?

