

# Resilience Boat



This simple worksheet is for primary and secondary school pupils to help them identify the things in their life that make them feel safe right now. Although we're not all in the same 'boat' when it comes to our mental health, we may be dealing with similar 'storms' at the moment. This exercise is a good starting point for pupils to understand how they can sail towards resilience.

## Instructions

- Using the templates below, think about all the things you may be worried about at the moment, this may be isolation, lockdown, bereavement. Write these next to the image that says **"choppy waters / weather"**.
- Then think about what helps you feel supported and safe, this may be family, school, a pet. Write these next to the image that says **"Anchor"**.
- In the image labelled **"Sail"**, what are the self-care strategies that help you to have good mental health, this might include exercise, drawing, music or gaming.
- Continue to fill out the different images using the key below, if you are unsure on any of the sections, message a teacher or a close friend to ask for support.

## Things to consider

- Some pupils and families may not be able to print out the templates. If this is the case, ask your pupils to design their own resilience boat and use the key as reference for each section of their drawing.
- Pupils' feelings will be personal and all different. It's important they know that their feelings are valid and respected.
- Be aware that if a child discloses safeguarding issues during this activity, you should follow your school's safeguarding procedure and contact the school DSL.

## Worksheet key

**Clouds:** What are the things happening right now that affecting how you feel?

**Choppy water:** How do they make you feel?  
Happy, sad, nervous?

**Oars:** What are your strengths?

**Anchor:** What helps you feel safe?

**Sails:** What helps us to have good mental health?

**Crew on deck:** Write down the people important to you.

Weather

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Sail

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Crew on deck

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Choppy waters

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Oars

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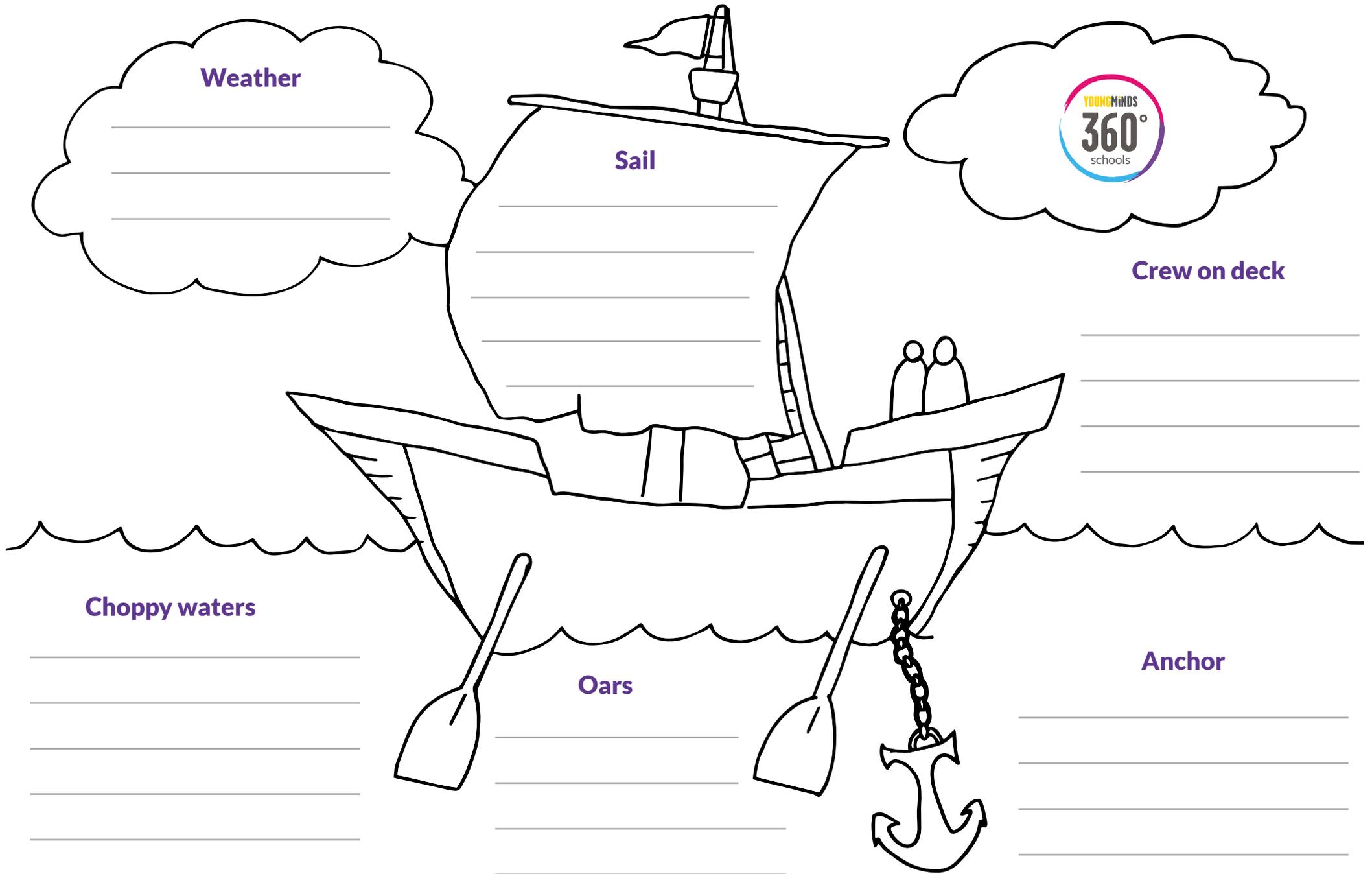
Anchor

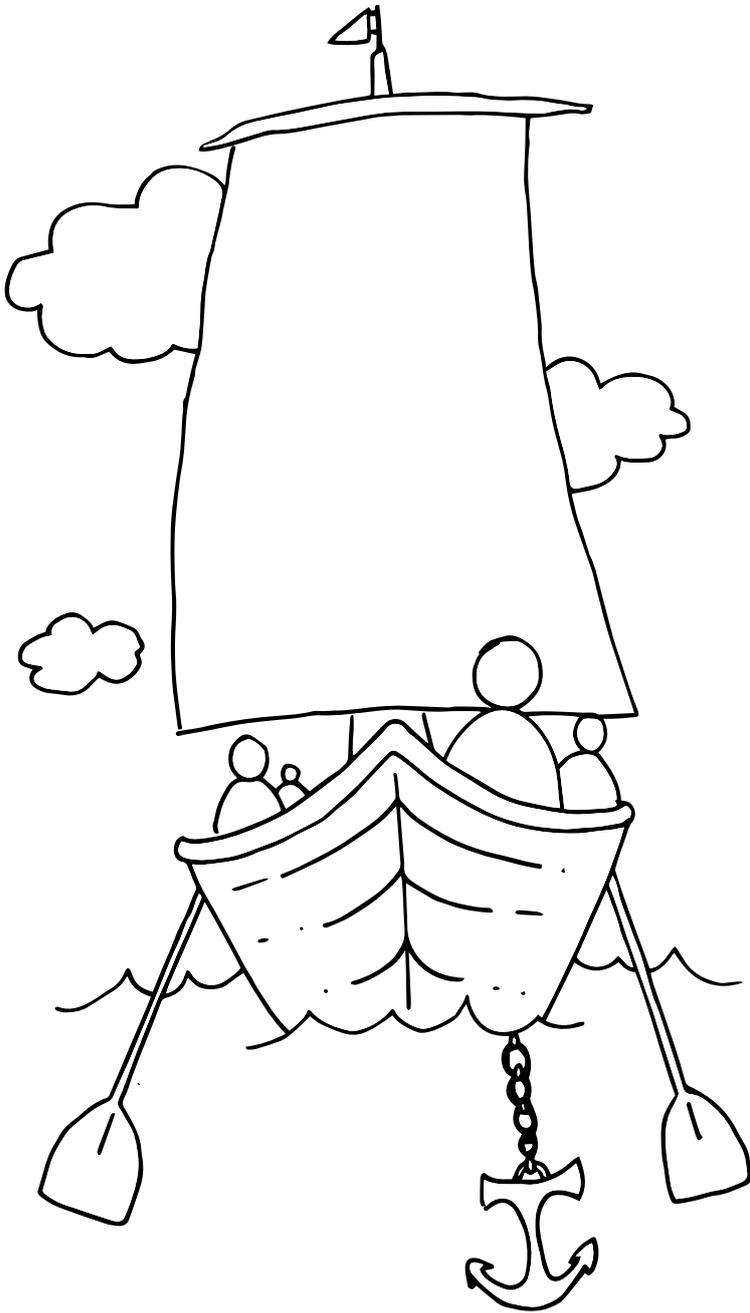
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**Weather:** What are the things happening right now that affect how you feel?

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**Choppy waters:** How do they make you feel?

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**Oars:** What are your strengths?

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**Anchor:** What helps you feel safe and supported?

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**Crew on deck:** Who are the people important to you?

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**Sails:** What helps us to have good mental health?

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