

Resilient Moves Cards

Good enough housing	Play and leisure	Healthy diet
Being safe	Free from prejudice and discrimination	Exercise and fresh air
Enough sleep		
The more healthy relationships the better	Understand your place in the world	Get together with people you can count on
Keep relationships going	Tap into good influences	Responsibilities and obligations

Resilient Moves Cards

Find somewhere to belong	Take what you can from relationships where there is hope	Make friends and mix with other children
Focus on good times and places	Make sense of where you have come from	Predict a good experience of someone or something new
Develop life skills	Make school/college life work as well as possible	Engage mentors
Map out career or life plan	Organise yourself	Highlight achievements

Resilient Moves Cards

Have a laugh	Understanding boundaries and keeping within them	Being brave
Solving problems	Putting on rose-tinted glasses	Fostering their interests
Calming down and self-soothing	Remember tomorrow is another day	Lean on others where necessary
Use tried and tested treatments for specific problems	Instil a sense of hope	Understand other people's feelings
Know yourself	Take responsibility for yourself	Foster your talents