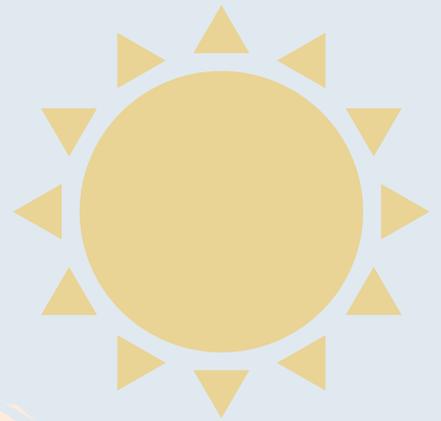
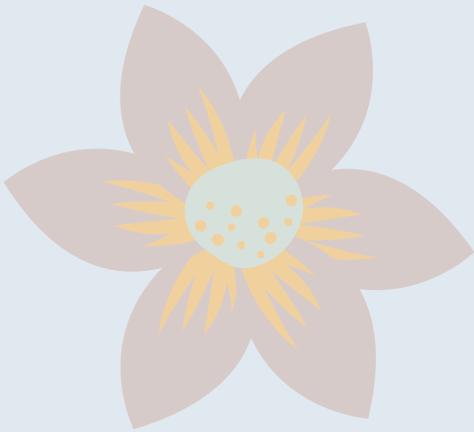
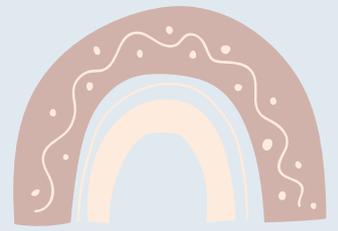


RESILIENCE FLOWER RESOURCE MAPPING



RESILIENCE FLOWER



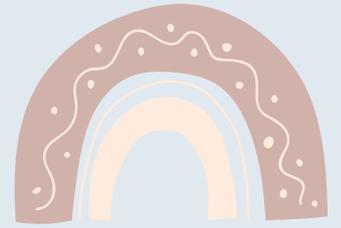
OUR METAPHOR FOR TALKING ABOUT
RESILIENCE IS A FLOWER.

IN NATURE, WE HAVE STORMY DAYS AND SUNNY
DAYS. WHEN A FLOWER IS BEING EXPOSED TO
A STORM, IT CAN START TO BEND AND LOOSE
ITS COLOR. WHEN IT RECEIVES ENOUGH SUN,
WATER OR OTHER RESOURCES, THE FLOWER
CAN GROW AGAIN AND EVEN BECOME
STRONGER.

WE ALSO HAVE STORMS IN OUR LIVES. EVENTS
THAT MAKE US SNAP A LITTLE OR MAKE US
FEEL OUT OF SORTS. LUCKILY, JUST LIKE THE
FLOWER, THERE ARE VARIOUS RESOURCES IN
AND AROUND US. RESOURCES THAT CAN HELP
US BOUNCE BACK AFTER A STORM. RESOURCES
CAN BE PEOPLE, SKILLS, THINGS WE CAN DO,
MINDSET, PLACES, ETC. THE GOOD NEWS IS
THAT WE CAN ALWAYS EXPAND AND
STRENGTHEN THESE RESOURCES IN ORDER TO
SUPPORT OUR RESILIENCE.

TO MAP THESE RESOURCES, YOU AND
SOMEONE ELSE ARE GOING TO MAKE A
BEAUTIFUL RESILIENCE FLOWER POSTER. EACH
LITTLE SYMBOL REPRESENTS A RESOURCE.
TOGETHER YOU CAN THEN START TO EXPLORE
RESILIENCE RESOURCES THAT CAN HELP YOU
TO GROW, JUST LIKE THE RESILIENCE FLOWER

RESILIENCE FLOWER



LET'S GET STARTED!

USE ABEL'S EXAMPLE OR GET YOUR OWN A3 PAPER.

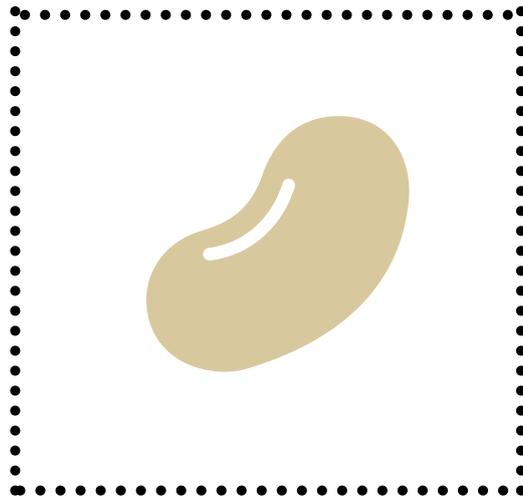
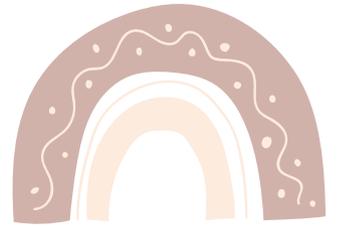
IF YOU ARE GOING TO MAKE THE POSTER YOURSELF, GO THROUGH EACH SYMBOL. DISCUSS THE SYMBOL, SO THAT YOU KNOW WHAT IT MEANS.

YOU CAN ALSO USE THE EXAMPLE OF ABLE. IN THAT CASE YOU CAN CUT IT OUT AND STICK IT ON YOUR A3 POSTER. DISCUSS AND (IF NECESSARY) WRITE DOWN WHAT YOU ALREADY CARRY IN YOUR OWN RESILIENCE BOX.

GOOD LUCK ON YOUR JOURNEY TO DISCOVER YOUR RESILIENCE RESOURCES!



RESILIENCE POSTER IN MAP

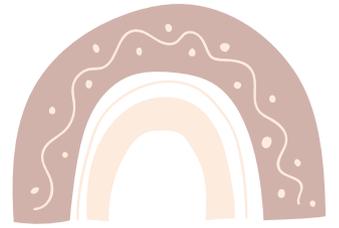


THIS SEED IS YOU!

YOU CAN CUT IT OUT AND WRITE YOUR NAME IN IT. JUST LIKE A SEED, YOU ALSO HAVE THE POTENTIAL TO GROW.

STICK THE SEED SOMEWHERE AT THE BOTTOM OF THE PAPER. KNOW THAT EVERYTHING STARTS WITH YOU AND THAT YOUR GROWTH IS LINKED TO HOW YOU CAN GET THE RIGHT NUTRITION FROM YOUR ENVIRONMENT AND YOURSELF.

RESILIENCE POSTER IN MAP



SUPPORT
FIGURES

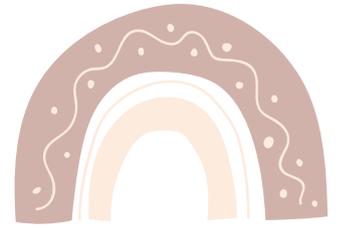


THE ROOTS ARE YOUR SUPPORT FIGURES!

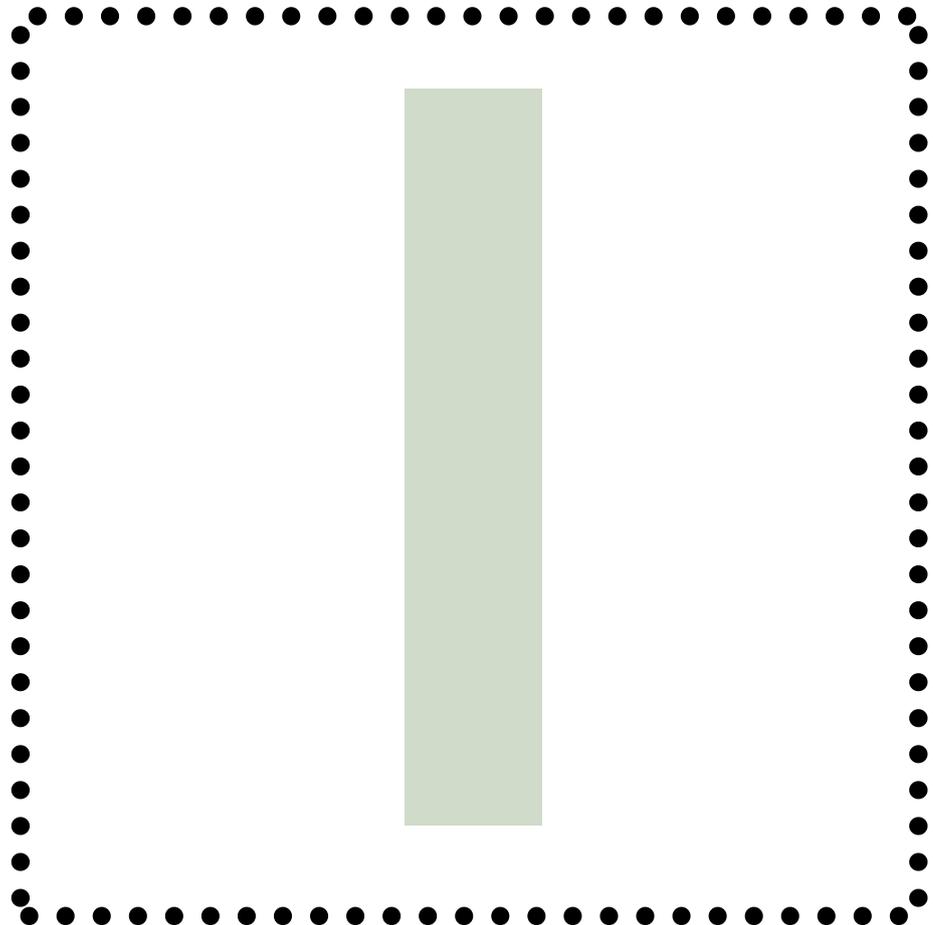
TO GROW YOU NEED A SOIL UNDER YOU AND ROOTS THAT CONNECT YOU WITH THE SOIL.. THESE ROOTS ARE THE PEOPLE WHO ARE IMPORTANT TO YOU, WHO HELP YOU, WHO GIVE YOU SUPPORT AND LOVE (E.G. UNCLE JOS, TEACHER TINE, DADDY, ...) TO GROW. THEY ARE PART OF YOUR SOIL TO GROW.

CUT OUT THE ROOTS AND PASTE THEM UNDER THE SEED. WRITE UNDER EACH CARROT THE NAME OF PEOPLE WITH WHOM YOU FEEL EMOTIONALLY SAFE OR SUPPORTED BY. WRITE BY THE CARROT STEMS THEMSELVES HOW THEY HELP YOU. E.G. BY LISTENING, BY GIVING SHELTER, BY DOING THINGS FOR ME, ...

RESILIENCE POSTER IN MAP



THOUGHTS

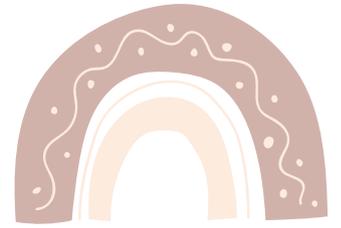


THE STEM REPRESENT YOUR HELPING THOUGHTS!

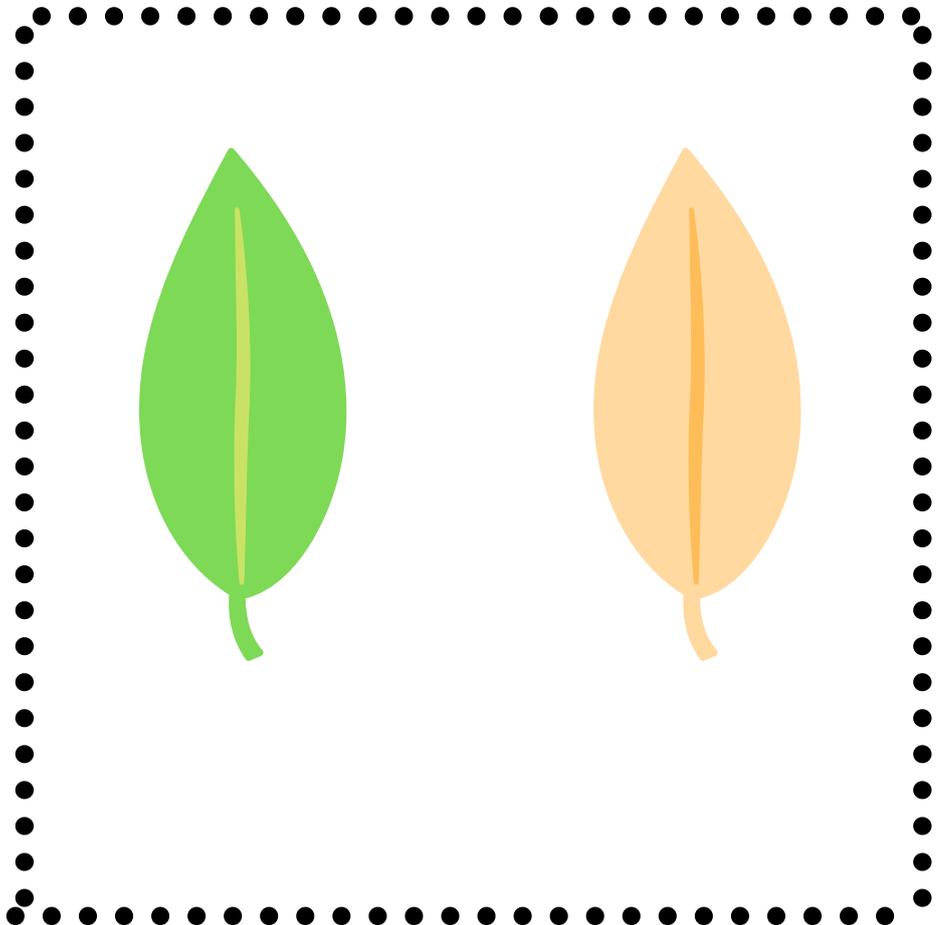
RESILIENT THOUGHTS CAN HELP YOU GET THROUGH THE DIFFICULT TIMES. SOMETIMES YOU NEED THOUGHTS THAT GIVE YOU STRENGTH AGAIN.

CUT OUT THE STEM AND PASTE IT ABOVE YOUR SEED. WRITE BY THE STEM THOUGHTS THAT GIVE YOU ENERGY, GIVE YOU HOPE, GIVE YOU COURAGE, ETC. THOUGHTS THAT HELP YOU COPE WITH THE DIFFICULT SITUATION (E.G. I HAVE THE RIGHT PEOPLE AROUND ME TO COMFORT ME, I KNOW THAT THIS WILL PASS ONE DAY AND THAT I WILL FIND MY WAY THROUGH THIS, ETC...).

RESILIENCE POSTER IN MAP



EMOTIONS

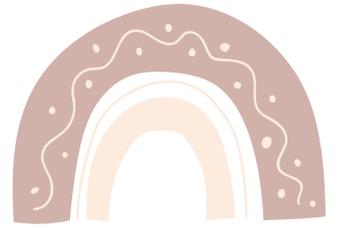


THE LEAVES ARE YOUR EMOTIONS!

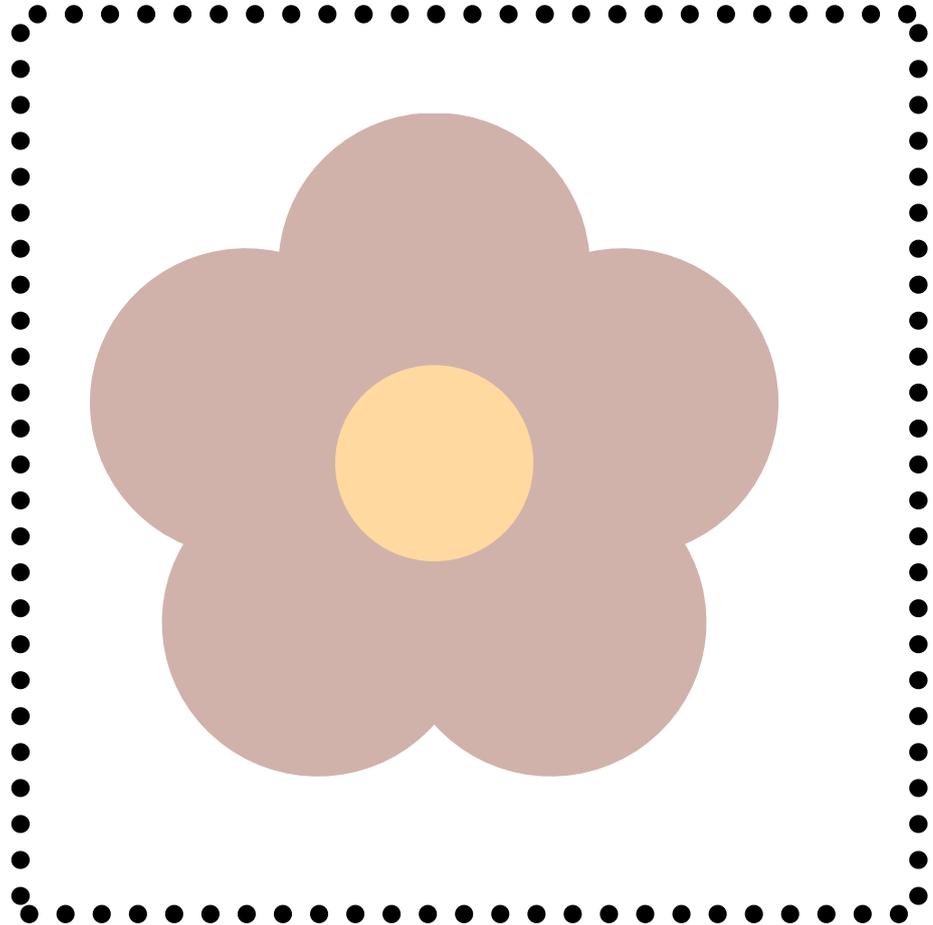
THE GREEN LEAVES ARE FOR THE EMOTIONS YOU ARE FEELING RIGHT NOW IN RELATION TO THE DIFFICULT EVENT. WHAT DO YOU NEED TO INDICATE THAT YOU ARE FEELING A CERTAIN EMOTION? YOU CAN ALSO WRITE IN THE YELLOW LEAVES WHAT HELPS YOU TO DEAL WITH THESE FEELINGS. THINGS YOU CAN DO (E.G. TAKE TIME-OUT, REST). THE THINGS OTHERS CAN DO WE WILL WRITE DOWN LATER.

CUT OUT THE LEAVES AND STICK THEM TO YOUR FLOWER STEM. WRITE IN THEM THE FEELINGS YOU ARE FEELING NOW AS THE THINGS YOU ALREADY KNOW WILL HELP YOU COPE WITH THE EVENT.

RESILIENCE POSTER IN MAP



TALENTS

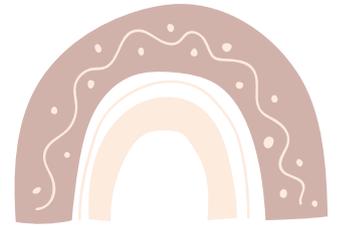


THE PETALS ARE YOUR TALENTS!

TO BE ABLE TO USE YOUR STRENGTHS, YOU NEED YOUR TALENTS. THESE ENSURE THAT YOU CONTINUE TO SHINE IN WHAT YOU DO AND THAT YOU FEEL STRONG. NEXT TO THE TALENTS YOU CAN ALSO WRITE DOWN GOOD PROBLEMSOLVING SKILLS, GOOD SOCIAL SKILLS, GOOD BEHAVIORAL REGULATION SKILLS. NEXT TO TALENTS YOU CAN ALSO WRITE DOWN THINGS THAT INTEREST YOU ARE YOU ARE PASSIONATED ABOUT

CUT OUT THE BLOOM AND STICK IT ON TOP OF THE FLOWER STEM. THEN WRITE YOUR TALENTS/ABILITIES IN IT. E.G. MAKING FRIENDS, CARING FOR ANIMALS AND NATURE, READING, SOCCER, ...).

RESILIENCE POSTER IN MAP



EVENTS

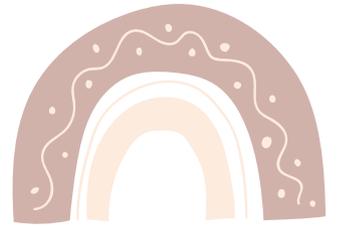


THE CLOUDS ARE DIFFICULT EVENTS!

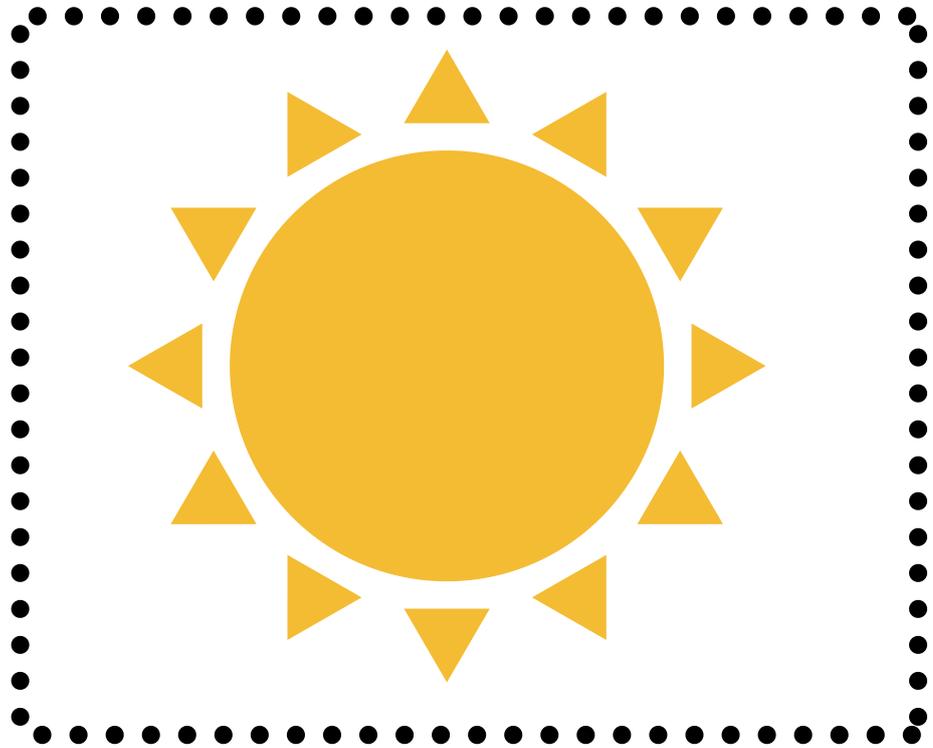
FROM PREVIOUS DIFFICULTIES YOU CAN LEARN ABOUT YOUR RESILIENCE. WHAT HAVE YOU LEARNED FROM PAST CLOUDS? A FLOWER CAN RAIN FLAT, BUT IT CAN ALSO FIND ITS WAY BACK UP AGAIN. FOR THIS IT NEEDS OTHER RESOURCES, FOR EXAMPLE THE SUN, SOME WATER OR SOMETHING ELSE.

CUT OUT THE CLOUD AND STICK IT SOMEWHERE IN THE SKY. WRITE IN THE CLOUD WHAT HAS HELPED YOU DURING PREVIOUS DIFFICULT EVENTS IN YOUR LIFE. (E.G. KEEP EXERCISING, TAKE MY REST ON TIME, KEEP THINKING POSITIVE,...)

RESILIENCE POSTER IN MAP



SURROUNDINGS

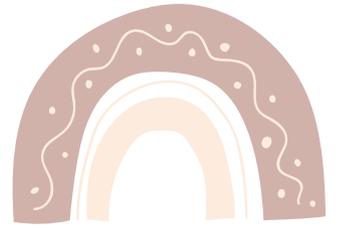


THE SUN'S RAYS ARE THE HELPING ACTIONS OF OTHERS AROUND YOU! WHICH GIVES YOU WARMTH, JUST LIKE A REAL SUN.

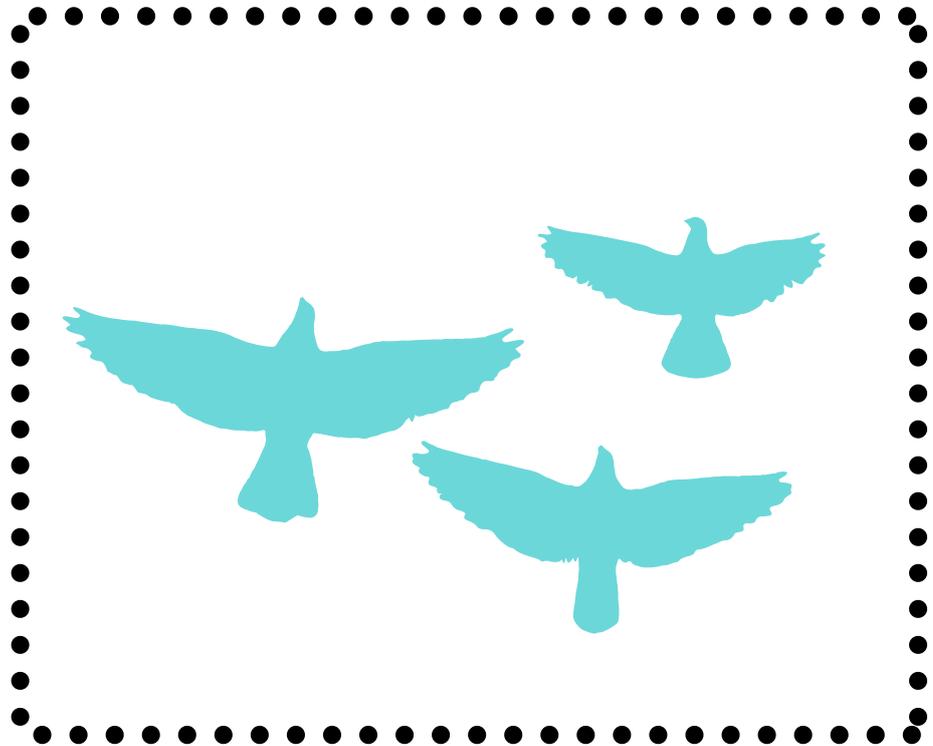
WHAT CAN YOUR ENVIRONMENT DO TO SUPPORT YOU IN YOUR RESILIENCE PROCESS. . SO WHAT ACTIONS CAN PEOPLE AROUND YOU DO FOR YOU TO SUPPORT YOU IN DEALING WITH THE DIFFICULT EVENTS? E.G. WALK WITH YOU, PLAY WITH YOU, CUDDLE, LISTEN, PLAY SPORTS TOGETHER,...

CUT OUT THE SUN AND STICK IT SOMEWHERE IN THE SKY . AND WRITE PER RAY WHAT OTHERS CAN DO FOR YOU IN SUPPORTING YOUR RESILIENCE PROCESS..

RESILIENCE POSTER IN MAP



DREAMS

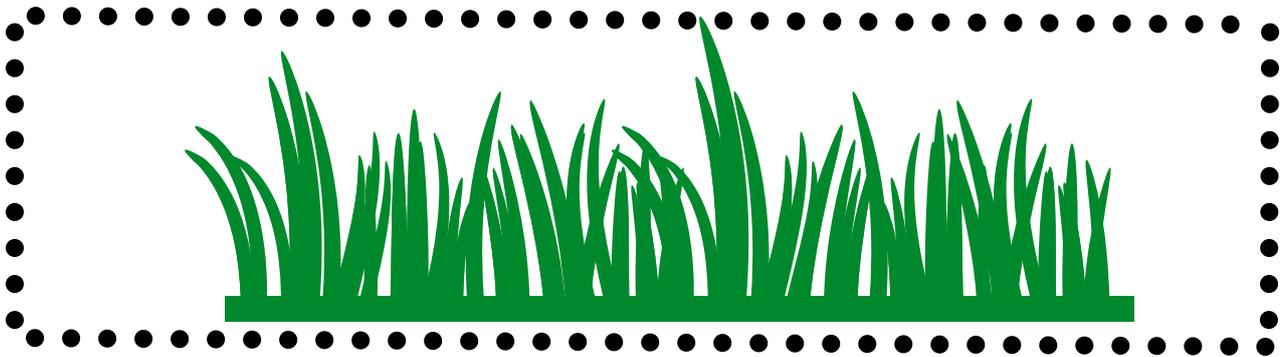
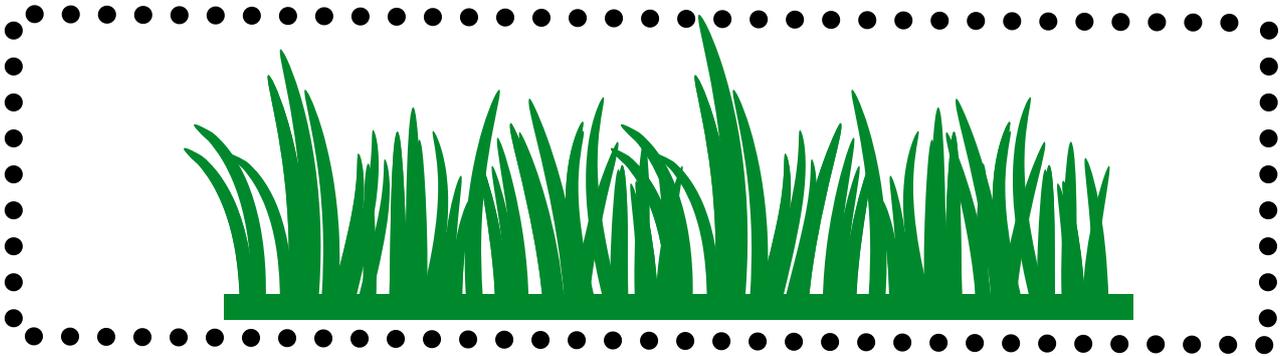
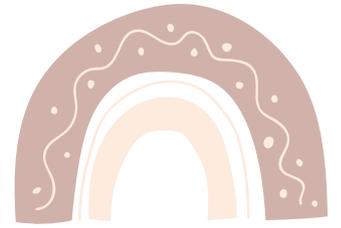


THE BIRDS ARE. YOUR DREAMS!

DREAMS ARE POSSIBLE. AS BIG AS YOU WANT, AS FREE AS YOU WANT AND AS HIGH AS YOU WANT.

CUT OUT THE BIRDS AND STICK THEM SOMEWHERE IN THE SKY AND WRITE YOUR DREAMS WITH THEM, WHAT YOU WOULD LIKE FOR THE FUTURE OR WHEN EVERYTHING IS OVER. NEXT TO DREAMS YOU CAN ALSO WRITE DOWN WHAT THINGS YOU DO, SAY, HAVE DIFFERENT IN YOUR LIVE THAT NOTICE YOU HAVE FIND A WAY TO OVERCOME/DEAL WITH THE EVENT.

RESILIENCE POSTER IN MAP



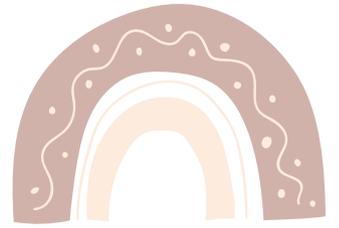
GROUPS

GRASS SPRIGS ARE YOUR SUPPORT GROUPS!

THE GRASS BLADES ARE THE GROUPS YOU BELONG TO. YOU ARE NOT ALONE, YOU HAVE PEOPLE AROUND YOU IN DIFFERENT PLACES. THESE PEOPLE COULD HELP YOU AT TIMES WHEN THINGS ARE GOING A BIT LESS WELL. SO IT'S ABOUT GROUPS WHERE YOU FEEL A SENSE OF BELONGING. A FEELING OF "I BELONG", I AM NOT ALONE.

CUT OUT THE GRASS AND STICK IT SOMEWHERE ON THE GROUND. AND WRITE WHAT YOU CAN DO THAT MAKES YOU FEEL THAT YOU CAN CONTRIBUTE TO OTHERS OR SOCIETY. SOMETIMES YOU DON'T HAVE THE SPACE TO DO SO, THAT IS OK TO.

RESILIENCE POSTER IN MAP



PARTICIPATION

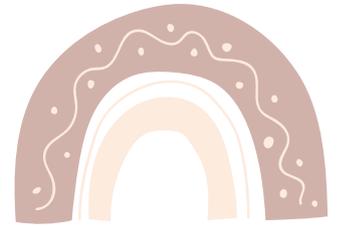


THE GRASSY KNOLL REPRESENTS PARTICIPATION.

THE SENSE OF BELONGING AND PARTICIPATION. HOW CAN YOU CONTRIBUTE TO THE GREATER WHOLE? CAN YOU USE YOUR TALENTS, QUALITIES AND KNOWLEDGE TO CONTRIBUTE TO SOMETHING? THIS CAN BE DONE IN DIFFERENT WAYS AND IN DIFFERENT PLACES. THIS GIVES A POWERFUL AND SATISFIED FEELING.

CUT OUT THE GRASS TUFT AND STICK IT SOMEWHERE ON THE GROUND.

RESILIENCE POSTER IN MAP



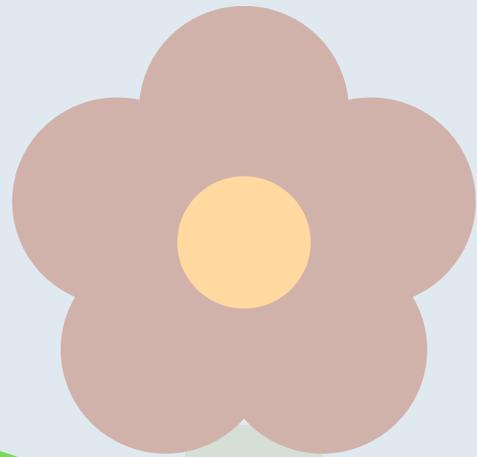
ROOTS



THESE RAYS OF SUNSHINE STAND FOR ROLE MODELS, RELIGION, CULTURE AND PREDICTABILITY.

THESE RAYS SUPPORT THE SUN. THIS STANDS FOR YOUR ENVIRONMENT AND HOW IT CAN BE HELPFUL. PEOPLE AND GROUPS YOU FEEL CONNECTED TO AND WHICH ARE YOUR PILLARS OF SUPPORT. A HANDHOLD WHICH MAKES YOU FEEL STRONG.

CUT OUT THE SUNBEAMS AND PASTE THEM CLOSE TO THE SUN AND WRITE DOWN ROLE MODELS, RELIGION, FAMILY OR CULTURAL RITUALS THAT HELP YOU AS WAYS TO CAN IMPROVE A SENSE OF STRUCTURE AND PREDICTABILITY IN YOUR LIFE.



GUIDE



HELPING ACTIONS/SURROUNDINGS



DIFFICULT EVENTS



DREAMS



TALENTS



HELPING THOUGHTS



EMOTIONS



SUPPORT GROUPS



SUPPORT FIGURES



GUIDE



RELIGION/CULTURE/ROLE MODEL
& PREDICTABILITY



OPPORTUNITIES FOR
PARTICIPATION