



Facilitation Guidance

Time to deliver: 3x30 minute sessions

Additional Resources: Pen

Resource Guidance

This workbook helps increase children's emotional literacy and resilience skills by using different worksheets to explore their emotions, their negative thoughts and their coping strategies when feeling low. This workbook uses a variety of approaches such as Cognitive Behavioural Therapy and Solution Focused Therapy to help children reflect on previous situations which have led to negative emotions and thought processes and find new solutions and coping strategies to lead to more positive outcomes. This workbook also helps children come to terms with the fact that mistakes do occur and they cannot always achieve what they would like, however, it is about accepting this and recognising the positives along the way.

The workbook can be broken down into sections; this will allow the child to reflect on the work completed within each session as well as provide time to practice the tools and strategies in their own time which will help the child increase their resilience skills further.