



My Menu of Self-Calm



Sometimes things that happen around us can make us feel overwhelmed or anxious. That's when it all feels a bit too much and we want to hide or scream or shout. During these times it helps to know how to calm ourselves down or self-soothe.

The following activity will help you to think about what things work for you.

Please do share sketches, photographs or examples. We would simply LOVE to see these. Tag us on twitter @resilientrutland @ BrookeHill_ELSA or Facebook ResilientRutland Brooke Hill Academy ELSA

Making your menu:

Either using the menu idea below (blank attached on next page) or by drawing your own. Choose an appetiser, main and dessert of your favourite things to calm down. You can add to the menu with different things or of course so one just for you!

Notes: The Resilience Framework for Children and Young People (October 2012 adapted from Hart and Blincow with Thomas 2007) contains 42 different resilient moves. This is an everyday action that research and evidence has shown us can build resilience. By sharing resilient moves we will share a common language and ideas to build resilience. This is important now even more than ever. <https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>



Thank you @boingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting me thinking @PookyH. **Lyn Harte 2020**

My Self- Calm Menu

Name: _____



Please choose one from appetiser, main course or dessert.
You can of course personalise your order with things that are not on the menu.
Enjoy your meal.

Appetisers



| Tick | |
|------|---------------------------|
| | Take 5 deep breaths |
| | Close your eyes and smile |
| | Give yourself a hug |

Main Courses



| Tick | |
|------|---|
| | Talk to an adult or friend about it |
| | Exercise |
| | Write it down, crumple it up and throw it away. |

Desserts



| Tick | |
|------|---|
| | Make silly faces in the mirror or with someone else |
| | Dance |
| | Sing loudly |

I would like to custom order the following:

| Tick | |
|------|--|
| | |
| | |
| | |



This idea was inspired by a similar idea by Lisbon Elementary School.