



This resource was created by Teresa Honey Youngblood for Soul Matters and adapted by Adrienne Summerlot for UUCB families.

Resilience

A Treasure Hunt for Resilience:

Take this list with you on your trips to the grocery, walks around the neighborhood or bike rides, and transform your everyday travel into a family adventure.

We're envisioning resilience manifesting in several different ways in our neighborhoods. We can find resilience – i.e. “come-back stories” - in the natural world, in our community offerings, in art, in public services, even in everyday objects found in many public places. With resilience in mind, can you find...

- A fidget spinner (This fad was a huge hit in 2017! Fidget toys can help people relieve stress and calm and focus their minds.)
- A mural or other piece of public art that makes you feel uplifted
- A recharging station (this can be literal or figurative)
- A counseling office (use this opportunity to destigmatize and talk about the role of psychotherapy and counseling in helping people heal and grow)
- Three different types of water fountains (places to step away, take a break, and rejuvenate)
- A First-Aid kit or Defibrillator (resources to help a person recover after an emergency)
- Glowing coals (holding the heat and ready to be blown back into a fire, perhaps?)
- A dandelion (a most resilient wildflower who might be popping up--or laying low, close the ground--where you live!)
- A community center (where a resilient community might offer free services to help folks socialize, move their bodies, get career or tax help, etc.)

RESILIENCE CALENDAR: JUMP BACK JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We can't control what happens to us, but we can choose how we respond			1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't... yet!"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time	9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them
12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts. Find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"	17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter
19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?	21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead
26 Get back in touch with a supportive friend and have a chat	27 Write down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath	29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone. We all struggle at times	

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Resilience through Risk - Playing with Fire

One important way we build resilience is by doing hard and potentially dangerous things and reflecting back later on how we made it through those experiences using our skills, wisdom, courage, perseverance, support system, and even faith. In that spirit, this month we invite you to play with fire! Many children have mixed associations with fire--it's fascinating, but also scary, with the ability to gather people, but also (often) forbidden for young folks. In this activity, we want children to feel equipped, empowered, responsible, reliable, and self-reliant (all important aspects of growing resilience) as they do the difficult and somewhat risky task of building a fire.

Playfully--but well-scaffolded with safety knowledge and lots of parent participation--build a fire or two or three this month. For this activity, a small grill on a balcony or a stone-ringed pit in the backyard will work fine. If you're already proficient at making fires, challenge yourself to do something more: a really ambitious effort might be to work on friction fires, but building a one-match fire is quite a challenge for many of us, too. Who can build the fire the fastest? Who can build the fire that burns the longest? Who can put out the fire most effectively? You might even consider coupling your fire building with other family activities such as before-bed storytelling (maybe stories about challenges you've faced as individuals and as a family?) or using fire's tendency to inspire introspection to help you have a quieter, deeper conversation with a partner about the resilience you've seen in each other as you've become a family.

Here are some [tips on teaching kids how to safely build a campfire.](#)

