

Woodchurch High  
School  
*Learning Mentor*  
*"R&R" Booklet*  
*(Reflection and*  
*Resilience)*



Name: \_\_\_\_\_



It can be really hard being a young person. This booklet will help you develop your personal resilience by reflecting on your life so far and some of the things that have happened to you in your life.

It will also help you develop your resilience, which is like your own personal armour which will make you mentally stronger and able to cope with things inside and outside of school

If you have resilience, you are not going to be knocked down by things in life! The more resilience we have, the *tougher* we are!

**These are someone's personal thoughts.**

**They are confidential and will only be shared if the author wants them to be.**

**Please respect the author's privacy and close with booklet right now.**

**Thank you.**

*"Don't be afraid, I am with you in all you do"*

Joshua 1 v9

This means that no matter how bad things are sometimes, God is always there to support and comfort you.





Now what.....?

## WELL, REMEMBER THIS....

- ✓ this book will help you think things through
- ✓ it will help your emotional health and well-being
- ✓ it will help you deal with your worries
- ✓ it will help you notice what gets you going
- ✓ it will help you with life's ups and downs
- ✓ it will help you be stronger and will help you get through the day

*“I am your God, I will  
strengthen you and help you”*

Isaiah 41 v10



# STUFF ABOUT ME....



*My favourite*

- **BOOK** .....
- **MAGAZINE**.....
- **WEBSITE** .....
- **SINGER/BAND**.....
- **TV SHOW**.....
- **BAND** .....
- **SPORT**.....
- **COMPUTER GAME** .....
- **DAY OF THE WEEK** .....
- **TIME OF THE DAY** .....
- **SEASON** .....
- **FOOD** .....
- **ICE CREAM FLAVOUR**  
.....
- **COLOUR** .....

- **EXPRESSION** .....
- **SUBJECT**.....
- **PERSON** .....

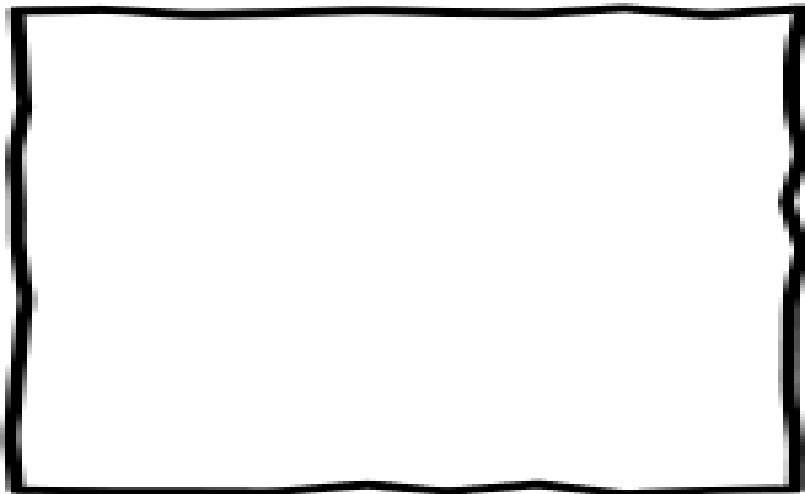
*more stuff it's okay to know  
about me*

- .....
- .....
- .....
- .....
- .....
- .....



# YOUR BASE:

Draw a quick map of your “home base”. This is the place where you feel most comfortable and relaxed. It can be anywhere you like.



Label the most important parts of it.

*Now you've drawn your home base, think about some of the things in there....*

- What are the special objects you have in there?
- How long have you had these special objects?
- Why are they special to you?
- if you could add one thing, what would be it be...and why?



***If you are taking this book home, is there a secret place in your home base to put it?***

This book is your private book and the things you put in here are private.

Imagine a locked door, the things you put in here will be behind a locked door.



Keeping some things private is important. You can always put some stuff behind the door.

Keeping things secret means keeping them sacred – very special and not to be spread about

# It's my choice



Tick which one you prefer from each of the lists...

TEA

WRAP

CHIPS

CASUAL

DOING SOMETHING

CHILLING

TALKING

CATS

MORNING

LEADING

BEING WITH OTHERS

FRUIT

SWEET

CONFORM

WORK ON MY OWN

STARTING

FEELING HOT

TEAM GAMES

COFFEE

PANINI

CRISPS

SMART

HANGING OUT

BUSY

LISTENING

DOGS

NIGHT

FOLLOWING

BEING ALONE

VEGETABLES

SAVOURY

BE YOURSELF

WITH OTHERS

FINISHING

FEELING COLD

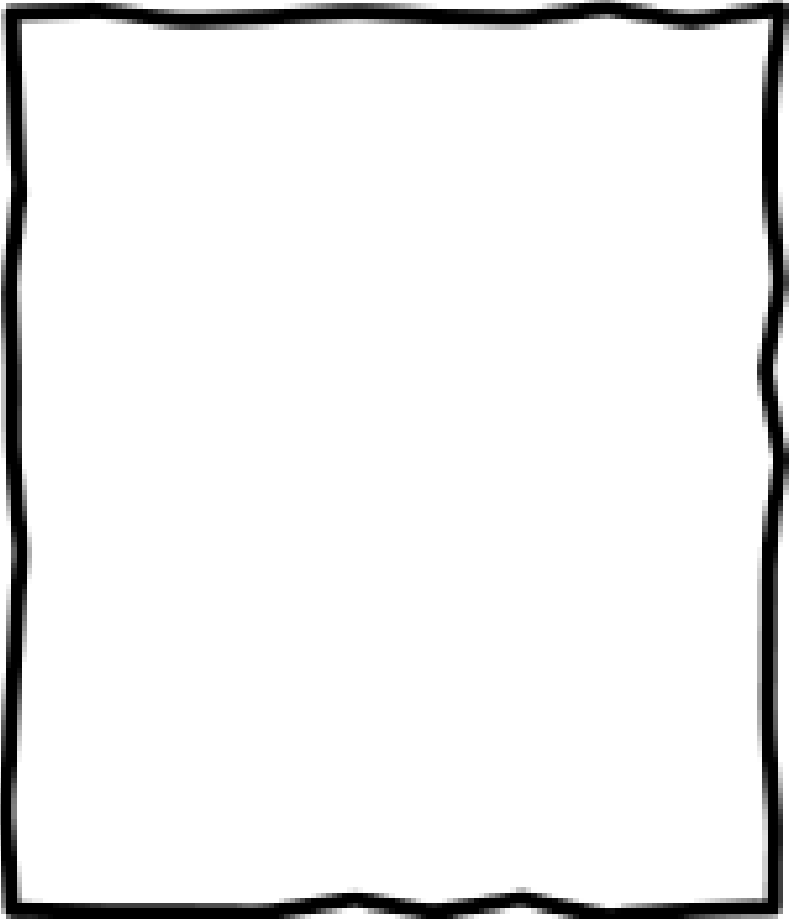
PLAYING ALONE



LISTENING TO OTHERS  
JUST TRUST ME  
GIVE UP  
GO TO LESSONS  
ASK FOR HELP

LISTENING TO ME  
TRUST OTHERS  
KEEP TRYING  
DON'T GO  
DON'T ASK

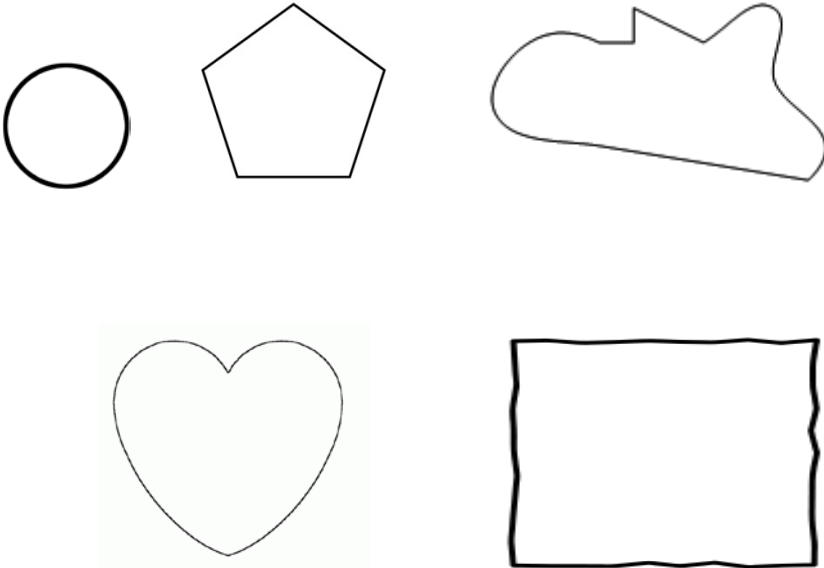
**Here is me, making the right choices:**



# It's all in the mind



*Colour outside the lines. Really? Yes! COLOUR OUTSIDE THE LINES, NOT INSIDE!*



*Isn't that a different feeling from colouring inside the lines? How did that make you feel? Did you like colouring outside the lines? If you didn't, it may be because:*

- **You are shy and afraid to take risks?**
- **You have trouble letting go of mistakes?**
- **You don't like criticism?**
- **You like to be perfect?**

Have a think about things that are 'inside the lines' and things that are 'outside the lines'. This could mean 'things that are right' and 'things that are wrong'

**INSIDE:**

**1.**

**2.**

**3.**

**4.**

**5.**

Now have a think about why you chose those things....

**1.**

**2.**

**3.**

**4.**

**5.**

**OUTSIDE:**

**1.**

**2.**

**3.**

**4.**

**5.**



what?

**what?**

**what?**



- What do you do for fun?
- Who or what makes you laugh?
- What are 3 things in your perfect day?
- Who are your best friends?
- What is the most important thing you can do to be a good friend?
- What makes you a good friend?
- What could you do to be a better friend?
- What would your friends describe as "so you"?
- What could you do to be a better person?
- What makes you sad?
- What could you do to stop yourself getting sad?
- What helps you?



# best & worst



## best:

- *day* .....
- *success*.....
- *decision* .....
- *adult* .....
- *gift received*.....
- *choice* .....
- *conversation*.....
- *feeling* .....
- *person* .....
- *advice* .....
- *Christian Value*.....



## **worst:**

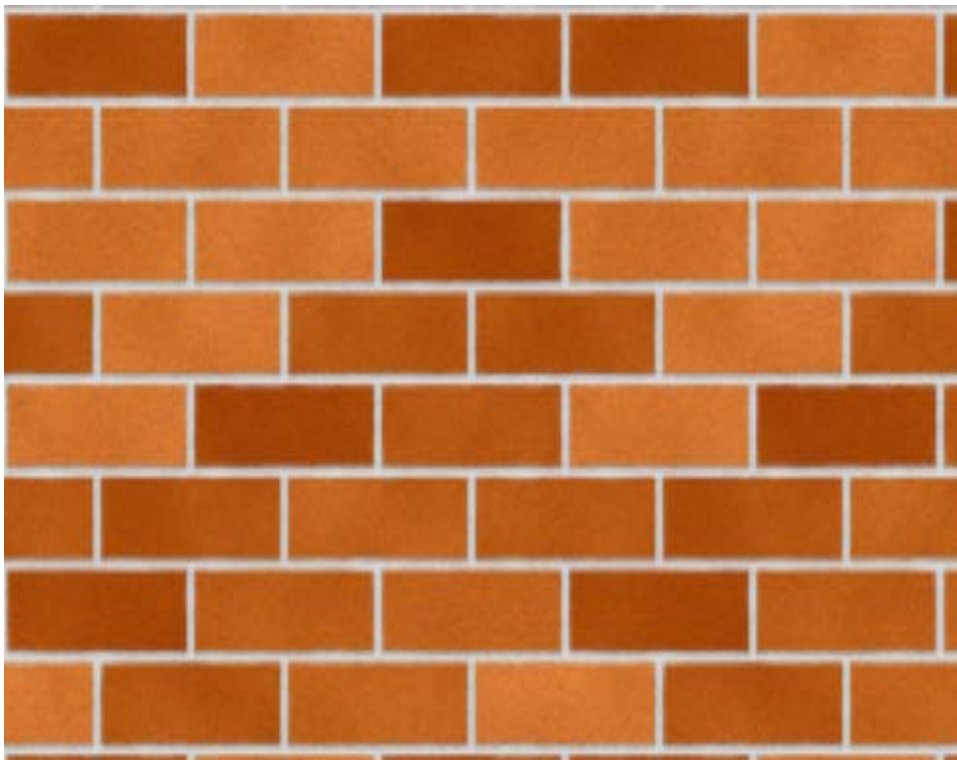
- **day** .....
- **success**.....
- **decision** .....
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- **gift received**.....
- **choice** .....
- **conversation**.....
- **feeling** .....
- **person** .....
- **advice** .....



# GRAFFITI WALL!

Write a word in each brick in the wall to show how you feel right now

Put the feelings that are on the surface near the top and the ones that are on the inside at the bottom



What do you notice?



# **The Apprentice**



**write a beginners  
guide to being a  
success in school**

**my top tip.....**





# **JUNK!**

**Sometimes it seems that nothing will go well and everything is going wrong!**

**What do you do?**



Get under to duvet?

Cry?

Go really quiet?

Sleep?

Pick a fight?

Hurt yourself?

Shout?

Play music?

Eat chocolate?

## **What should you do?**

- Remember. Everybody feels like this sometimes
- Everyone has a different way of making themselves feel better
- Some ways just lead to another problem
- How useful are your current choices?

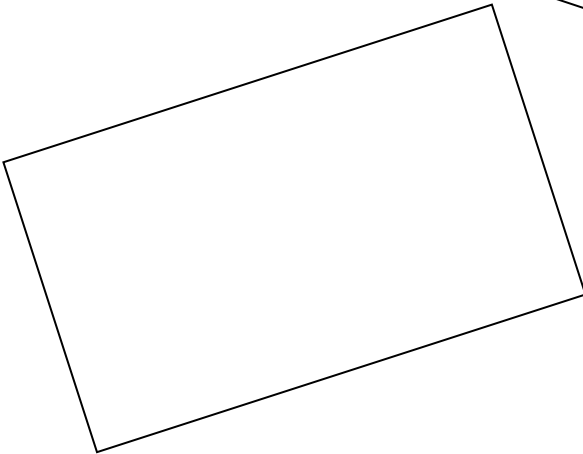
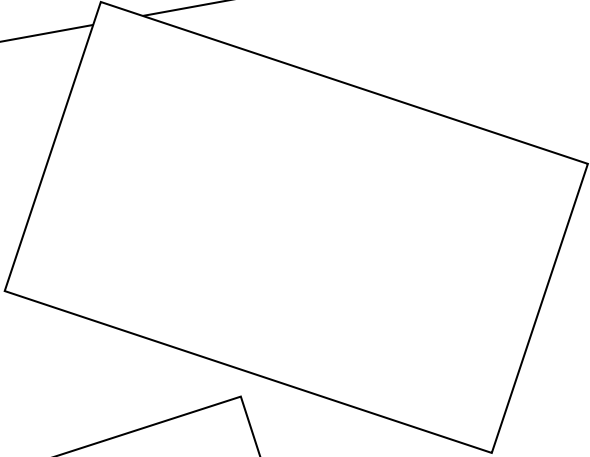
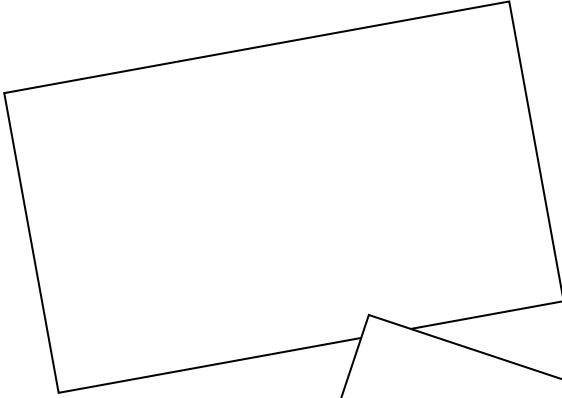
## **Bad mood busters...just ask yourself....**

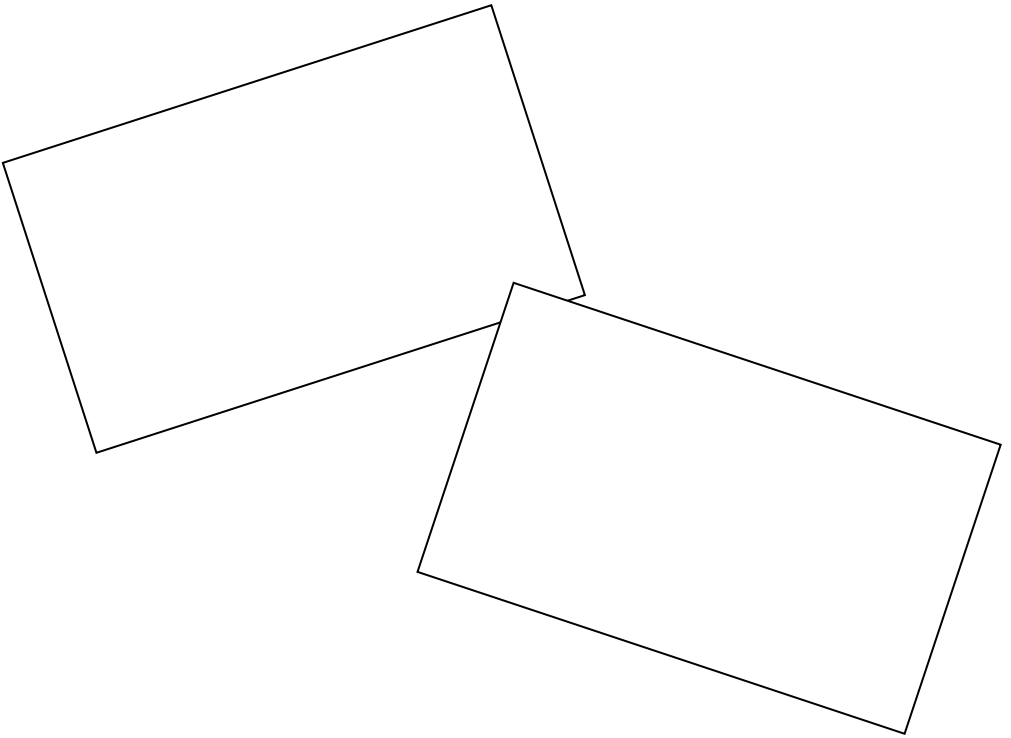
- How is it likely to happen?
- What is the absolutely worst things that can happen?
- If it does happen, how can I deal with the problem?
- Is there anything I can do to stop it happening?

**Now put all of that in a bin bag.....and  
BIN IT!!!**

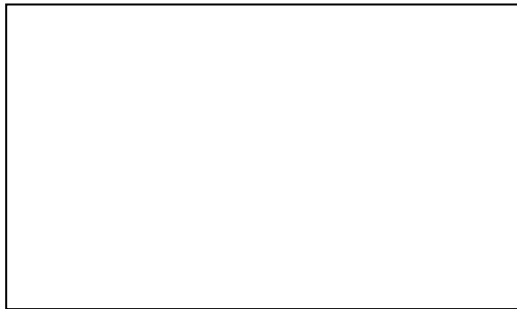


**Draw your life in 5 postcards:**





**What happens next?**



# Time Travel



Make a list for the future:

- One thing you hope to achieve one day
- Good deeds you'd like to do
- Changes you wish for the world
- Animals you'd like to adopt
- Mistakes not to repeat in the future
- Things you would hope to receive one day
- Qualities you'd like to have as a parent
- People you'd like to meet
- One friend you have now who you'd like to be friends with forever



# Make Over



Describe a physical change you would like to make for yourself.

If you could, how would this change change your life?

***"Above all, keep loving one another earnestly, since love covers a multitude of sins." 1 Peter 4 v8***

This means that no matter how much you mess up, love will make things better. Simple as that.

Think of a time you messed up and how love helped solve the problem.



# Being unique



Make a list of.....

- The best place you have lived
- Why you are great
- Things you love
- Things you despise
- Acts of kindness you have done
- Things you'd save if your house went on fire
- Ways you are kind
- When you told the truth in a difficult situation
- When you did the right thing
- Things you'd like to change about yourself
- Faults you have that give you a guilt pleasure



# **F-F-F-F-F-F-Frightening Times!**



**Make a list of 'fear' words:**

- Scared
- Nightmare
- 
- 
- 
- 

**Tick the word that you most often hear when you talk to yourself**

**Ways to keep the fears away**

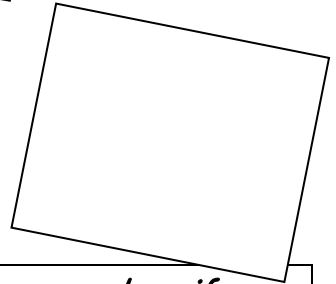
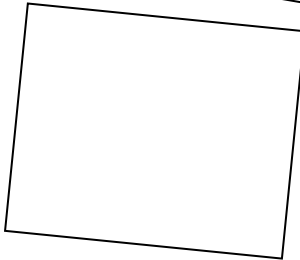
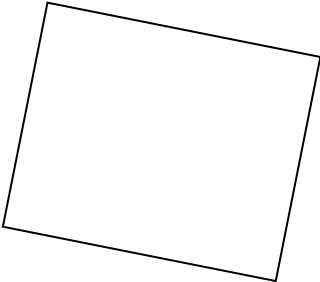
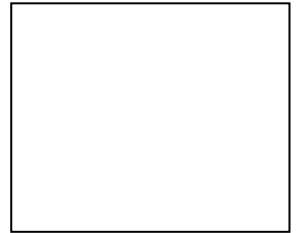
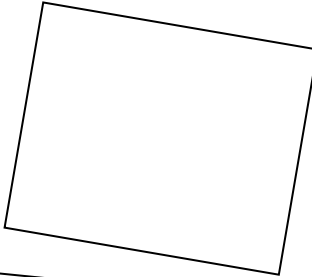
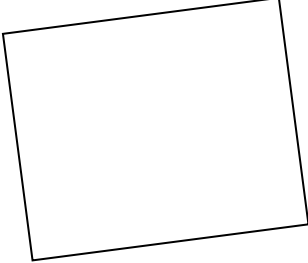
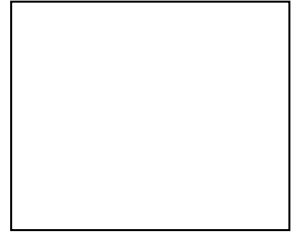
- ✓ Get rid of tension by doing an exercise. Press your tongue to the roof of your mouth behind your front teeth – you will feel your jaw relax
- ✓ Or massage your eyebrows from the middle outwards
- ✓ Or press the blunt end of a pen firmly into the groove above your lip and below your nose. Be warned – don't use the inky end or you'll end up with a large blue dot on your face – and that's scary!
- ✓ And the best way – LAUGH!





# Whoops! Draw a page of mistakes

**D'OH!**



*if we confess our sins, God will forgive us and purify us*

**1 John 1 v9**

We all make mistakes, and that's okay. What matters is that we are strong enough to say sorry and that we are strong enough to forgive people who hurt us.

**Can you think of someone you have forgiven?**

**Can you think of a time you asked for forgiveness?**

# CENSORED!



Everyone has an inner critic. A voice that tells us that we're not good enough,, strong enough, attractive enough...and more and more. What does yours say? Sometimes, other people help your inner critic by saying negative things about you. These things hurt.

**What have people said to you that your inner critic keeps saying back?**

**Draw your inner critic as a cartoon character**

**Now get rid of it from the page!**

Rub it out, scribble it out, imagine it covered with a blanket, destroy it with a water cannon...any other ideas!

Or you could say to it, "thanks for the advice, but I'm not interested anymore"



# ARE YOU IN DISGUISE?



Most people think you are

But you know you are

.....

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.....

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.....

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.....

.....

.....

.....

.....

.....

How can you be the best person you can be?

.....

.....



# **I'm the winner!**



**What personal achievements are you most proud of?**

**What was the most difficult thing you've had to overcome, and how did you overcome it?**

**What is the best way to deal with a bully or a difficult person?**

**If you had a motto, what would it be?**

**What is the most adventurous thing you've ever done in your life?**

**How do you make a tough decision?**

**Have you had to overcome a fear? How did you do it?**

**What advice do people seek from you?**

**If you met yourself as a child, what advice would you give the little you?**



# May the force be with you



## Have you ever felt like this?

- Stuff is happening, but it's happening around you – like it's out of your control?
- And you wanted something to just make it all **GO AWAY**

## This is a lonely place.

You might blame yourself for a lot of stuff that you are not responsible for. It's okay to be angry about this.

But being angry and sad can lead to your making bad decisions...

**THEY ARE NOT YOU. YOU** are **SOOOOOO** much more than you think you are!

***Anyone who does not love does not know God. 1 John 4 V7***

God made many amazing things, but love is one of the best. If you love something, then you know God more than you think because he gave you the ability to love.

**Think of something you *really, really* love and thank God for it!**

You do not need to be angry or sad.

- ✓ Forgive yourself – you were only seeking a solution to a problem
- ✓ Ask for some help – everybody needs some help sometimes.
- ✓ We all make mistakes, what matters is that you learn from those mistakes and try your best not to make the same mistakes again



***You shall love your neighbour as yourself. Mark 12 v31***

This means that you should love everyone in the world the same amount.

**Can you think of someone you should try to love a bit more?**



# On its last legs....



A plant is dying. Tell it why it needs to keep on living.

*With God, nothing is impossible* Luke 1 v37

This means that if you trust in God, you can do anything you like!

What do you think you can do if you trust in God?



# The world according to ME!



I believe in .....

I don't believe in.....

Something I wish I did more of.....

Something I wish I did less of .....

It's not easy being .....

It's great to be .....

I get my best ideas when.....

You can never have enough .....

People make a big deal about.....

People don't make a big enough deal  
about.....

The best thing about me is .....

I wish I did more of.....

Something I used to dislike, but now I like is  
.....

I would be a better person if .....

Other people would be better if they .....

In the future I am going to.....

In the future, I'm not going to.....

When I get upset I .....

When I get upset I should.....

When I get mad I.....

When I get mad I should.....

*Every good gift comes from above*      James 1 v17

This means that all the good things in your life come from God, so don't forget to be thankful!

Can you think of anything else to be thankful of?



# INSTRUCTION MANUAL



Write an instruction manual for someone to understand **YOU**

*I have made you, I love you and I will carry you* Isaiah 46 v4

This means that because God made you, he will always love and will always be there when you need him.

Is there anyone else in your life like that?



# CLOUD NINE...?



## describe heaven

*He has made everything beautiful.* Ecclesiastes 3 v11

This means that there is beauty in everything. Every person, every place, every thing has something about it that is beautiful.

Think of something people don't normally think is beautiful and say why you think it's beautiful.

