



## **Tippy says... Bumps in the road are tricky but you know how to get over them**

**Draw in some challenges that have come up for you as bumps in the road and think about how you got over them**



**WHAT HAS HELPED YOU KEEP GOING AND GET OVER THESE BUMPS?  
WHAT MIGHT HELP YOU IN THE FUTURE?**

(Think of some strengths within yourself that have helped deal with these bumps: you may like to think about ways you have learnt to manage difficult feelings, or a closeness that has developed with others through your efforts to share difficult thoughts and feelings with them.)

Activities to promote resilience (Hamby, Grych & Banyard, 2018)