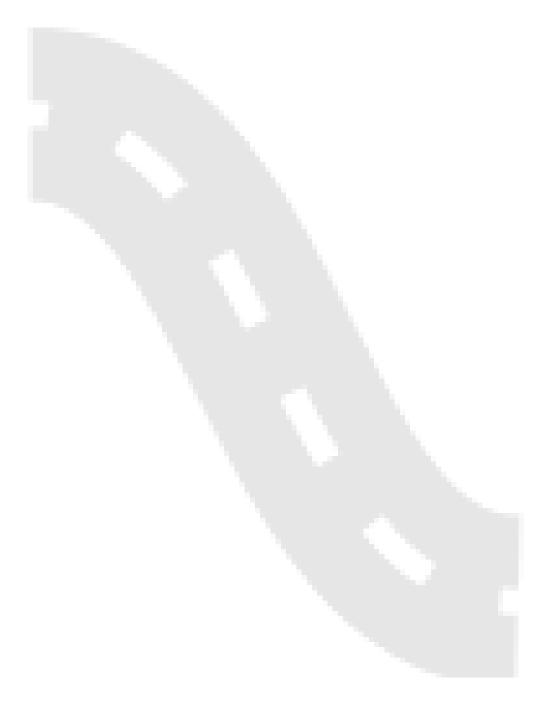


Tippy says... Bumps in the road are tricky but you know how to get over them

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)