



Resources

You might find it supportive to:

Make a list, a visual chart or poster of your resources

Everyone has resources, they can be external or internal or both.

Examples of external resources:

People, there may be nurturing family members, teachers, friends, community groups (sports clubs etc). Who are the people around you that feel supportive?

The natural world, the sky, trees, forests, a warm fire, the ocean. Where do you feel most comfortable?

Objects and things that stimulate or comfort the sense such as colours, light, space, soft blankets, textures, cushions, weighted blankets, warm lap pads. Pets! Music, art activities, books, sports

Internal resources

Natural gifts and talents, such as special interests in science, art, movements, singing, gymnastics, crafts, animal care.

Personality characteristics, Sense of humour, initiative, dependability, perseverance.

You could create a chart or poster of your personal resources

As you look at your poster or chart, notice which resources jump out as the strongest supports for you in times when you might need to bring them to mind, for example before or during an exam.

Take a while to focus on each, one at a time, feeling what sensations and emotions emerge and where in your body you feel them, don't worry if you can't, but they might register as physical strength, warmth around the heart, power in the belly, grounding in the lower body or through the legs.

Optional activity: Make a list or poster of the ones you can use before/during an test or exam.

Eg. I can think of stroking my dog to relax myself.

I can go for a walk around the classroom and use supportive items from the regulatory tool box.

I can bring to mind people who have got my back, who make me feel more settled inside.