

Life Challenge sheet

At the beginning of the game, together, decide on a life challenge that a child or young person is facing that is relevant to your work. This challenge might be something broad or quite specific. (Put to the side, you will revisit the challenge at the end of the game)

Write the life challenge below:



Resilience Support plan

Reflecting on this person's resilience scale, and the life challenge, please complete a resilience plan in the boxes below.

What are the strengths for this person at an individual, family and community level?

What strategies could you use to better understand their situation/perspective/hopes? In what ways could you involve this child or young person in decision making?

In your current role (e.g., practitioner, neighbour), where on the scale could you have an influence for this person?

Who could you work in partnership with to support this person's resilience?

Are there any other areas of wellbeing (e.g., nest domains) that need to be considered?