

FishBowl

Sometimes life is a bit like living in a FishBowl and it feels like everyone can see through you.



Resilience

These things help us cope with the ups and downs of life

self-nurturing	creativity	life-long learning	positive self-talk	family good food
enough sleep	sense of humour	persistence	assertive skills	forgiveness
social skills	self-calming	exercise	sport	hobbies
rewards	participation	skills	friends	connection to school
belonging	love trust	family	positive relationships	fun
setting goals	confidence	trust	flexibility	community
coach	teachers	counsellors	relaxation	

Helpful thoughts

Our thoughts can help us feel good but they can also make us feel bad and then we don't do as well...



Is this a helpful thought? Circle Yes or No

Thought	Feeling	Helpful?
"Something bad might happen"	scared	yes / no
"Even if I make a mistake I will try"	brave	yes / no
"I want to stop trying"	tired	yes / no
"I don't want to do it"	stubborn/scared	yes / no
"I can try to do this"	strong/confident	yes / no
"It's too hard"	hopeless	yes / no
"I'll do my best"	brave	yes / no
"I will try again"	confident	yes / no

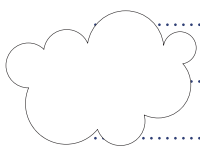

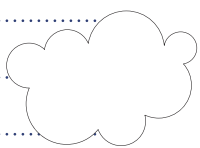
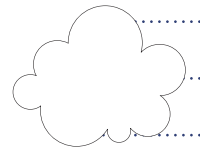







Your turn

Catch your unhelpful thoughts and make them helpful

Unhelpful

Helpful

Values

Democracy

Learning

Family

Love

Humour

Friends

Tidiness

Health

Hard work

Thankfulness

Participation

Peace

Fun

Security

Freedom

Responsibility

Kindness

Politeness

Adventure

Creativity

Wisdom

Beauty

Honesty

Excellence

Happiness

Fairness

Intelligence

Respect

Courage

Forgiveness

Self-control

.....

.....

.....

Coping

Is this how you cope with things?

	Not much	Very much
Talk to other people.....		
Solve the problem the best I can		
Work hard.....		
Worry about what is happening.....		
Spend more time with boy/girl friend		
Try to get on better with others.....		
Hope for the best.....		
Take social action		
Feel better with alcohol/tobacco/drugs		
Give in		
Ignore the problem		
Take the blame		
Keep my feelings to myself		
Pray for help.....		
Look on the bright side.....		
Seek professional help.....		
Find a way to relax.....		
Keep fit and healthy		

Other ways I cope

.....

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Problem solving page

Step 1 – Define the problem

What is the problem?

.....

.....

How do you feel?

.....

.....

What are you afraid of / worried about?

.....

.....

What do you need?

.....

.....

Step 2 – Brainstorm

Think of all the ideas that might solve this problem without saying if it is a good idea or not.

	Step 3
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no

Step 3 – Evaluate

Look at each brainstorm idea and ask: 'Is this a fair idea?', 'Can this be done?', 'Does this idea meet everyone's needs?'. Circle yes / no

Step 4 – Make a plan

Use these ideas as a plan. Write down who you need to help you. Try your plan for 3 weeks. See if it works. If it does, celebrate - if not, work out a new plan.