**Module Two | Worksheet 1A**

**Think about your own resources, what do you rely on to get through tough times?**

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| **Relational***Examples*- The calming feeling from a pet- Trusting a friend- Feeling love from a parent or partner |  |
| **Emotional***Examples*- BreathingMovementSelf-affirming statements |  |
| **Intellectual***Examples*- Feeling good at school or work- Reading books- Being good at a particular skill |  |
| **Psychological***Examples*- Being able to reason- Being able to reflect- Being able to problem solve |  |
| **Creative***Examples*- Gardening- Messy play- Art, singing, dancing |  |

**Worksheet 1B:** Please note this is a supporting resource found on page 5 of your training pack to explore existing resources with the children and young people you work with.

**Module Two | Worksheet 2**

**What do you already do that you could use as brainstem calming activities?**

Examples could be dancing, singing, netball, aerobics, horse riding etc

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**Module Two | Worksheet 3**

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| **Can you identify your own psychic wound?** |
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| **Does it feel caring?** |
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| **Did you access your own ability to be calm and grounded by being read to?** |
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**Module Two | Worksheet 4**

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| **What have you learnt?** |
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| **What have you discovered?** |
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| **What are you satisfied with?** |
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**Module Two | Worksheet 4**

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| **What are you dissatisfied with?** |
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| **What are you surprised by?** |
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| **What is your next step?** |
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