



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BOUNCING FORWARD



Activities to Foster Resiliency

WELCOME

We know things might be very different for you during this time, and you might be having lots of different thoughts and feelings about it.

One of the best ways we can take care of ourselves is by thinking and talking with others. This can help us get our feelings out and not feel alone.

We made this journal as a special way for you to think, write and draw about your thoughts and feelings.

TOPIC 1: GOALS

Use the chart below to set goals you would like to complete. If you plan to share your activity with someone, invite them to come up with ideas to!



GOAL JUST FOR ME

WHAT I WILL DO FOR EXERCISE

I WILL TAKE CARE OF MY EMOTIONS BY

THINGS I CAN DO WITH OTHERS

HOW I CAN HELP OTHERS

GOAL FOR BEING CREATIVE

DEEPER DIVE

Most of the activities in this book are designed to be an introduction to the topics and ways to start including some of the activities into your daily life. For some, this may be all you are interested in, and that's great! We are excited for you to start exploring.

Others may want to take a deeper dive to think about explore a little further. We have included prompts with the symbol below to let you know this is an opportunity to dive deeper with additional questions.



Before identifying goals, consider a couple of questions:

- What are you good at?
- What do you enjoy doing?
- What things are important to you?
- What are some things you would like to improve?
(For yourself, your community)
- How do you think you could start to make these improvements?
- What would show you that you are making progress?
- If your plan doesn't work, what will you do?

GOALS LOG



Draw a picture of you doing one of your goals each week.
Log what motivated or inspired you.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MOTIVATION

Do you ever just feel like not doing something?

Sometimes it can be hard to get going or to complete a goal. It is helpful to think of things that help to motivate you when you are not feeling up for the task. Using the space below brainstorm ideas to try when you are not feeling motivated. Some ideas to think about are:



- **Brain Breaks:** 5–10 minutes doing something you like to get your mind of the task
- **Mantras:** Statements or positive affirmations you can say to yourself
 - "I know I can do this"
 - "It'll only take 5 minutes"
- **Personal Rewards:** Think of ways to reward yourself when you complete a goal



TOPIC 2: EMOTIONS

Mood Tracker – Using the tracker below, we will keep track of how we are feeling day to day. This can be used with our feelings chart and the "Planning for Our Emotions" activity, so that we can start to learn to name our feelings, and then do activities that we know can make us feel better.



EXCITED
○○○○
○○○○



WONDERFUL
○○○○
○○○○



WORRIED
○○○○
○○○○



HAPPY
○○○○
○○○○



DISGUST
○○○○
○○○○



COOL
○○○○
○○○○



PAINED
○○○○
○○○○



INSPIRED
○○○○
○○○○



HURT
○○○○
○○○○



TIRED
○○○○
○○○○



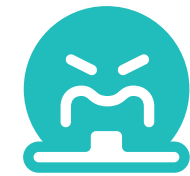
ANGRY
○○○○
○○○○



SLEEPY
○○○○
○○○○



GREAT
○○○○
○○○○



ILL
○○○○
○○○○



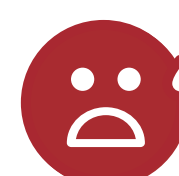
SAD
○○○○
○○○○



BLESSED
○○○○
○○○○



CUTE
○○○○
○○○○



SCARED
○○○○
○○○○



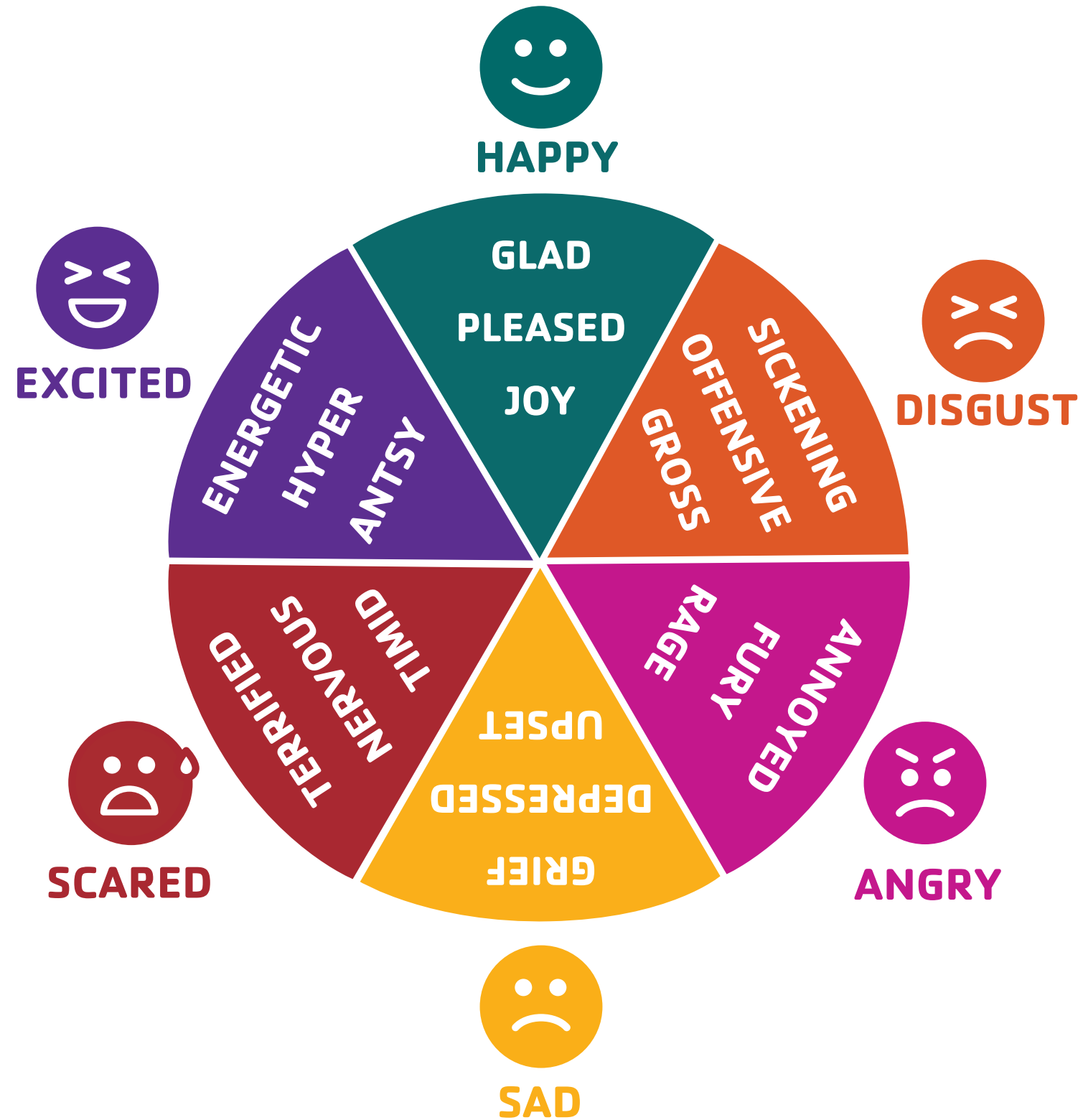
SILLY
○○○○
○○○○



BORED
○○○○
○○○○

MY FEELINGS CHART

When we are filled with emotions, it can be hard to talk about what we are feeling. It can be helpful to have a feelings chart like the one below to point to and show someone how you are feeling when it's hard to get the words out.



Using the space below to create your own feeling chart. You can draw faces, write words, or create a collage from magazines to make it your very own.



Once you have created your own emotions chart (or wheel), list situations or experiences when you often feel that way.







PLANNING OUR EMOTIONS

Sometimes emotions sneak up on us and it can be hard to know what to do. Think of some ideas of what you can do when you feel these emotions. Some ideas to try may be talking to a friend, practicing a breathing exercise, or doing a fun activity. There is an extra space so you can share ideas with a friend and list them here.

	NAME:	NAME:
SAD		
ANGRY		
SCARED		
LONELY		
ANNOYED		
STRESSED		

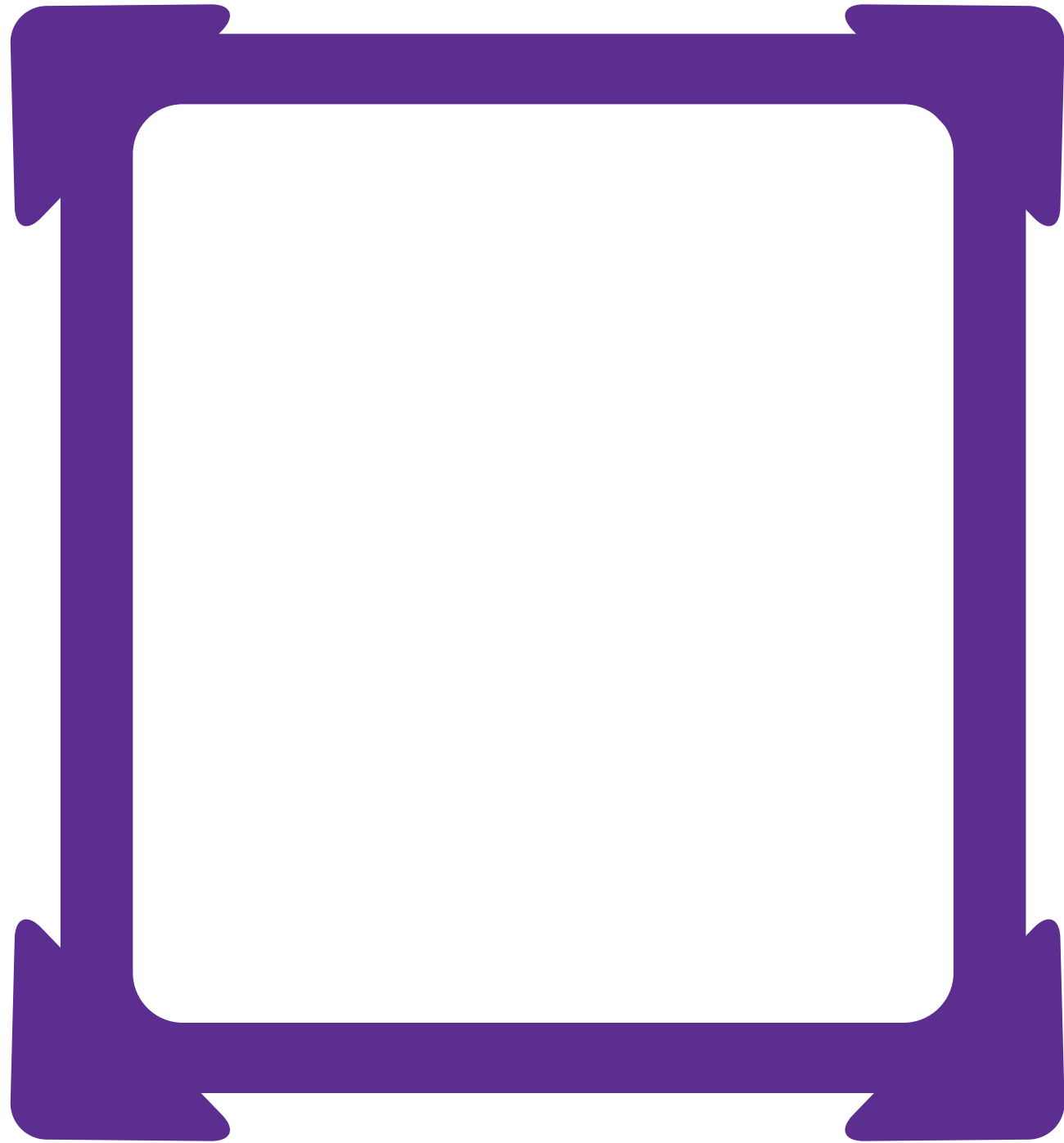
TOPIC 3: COMFORT

When there are many changes all at once, it can feel stressful and confusing. Something that can be helpful is to think about the things that help you to feel comfortable and safe. What are some things that make you feel good?

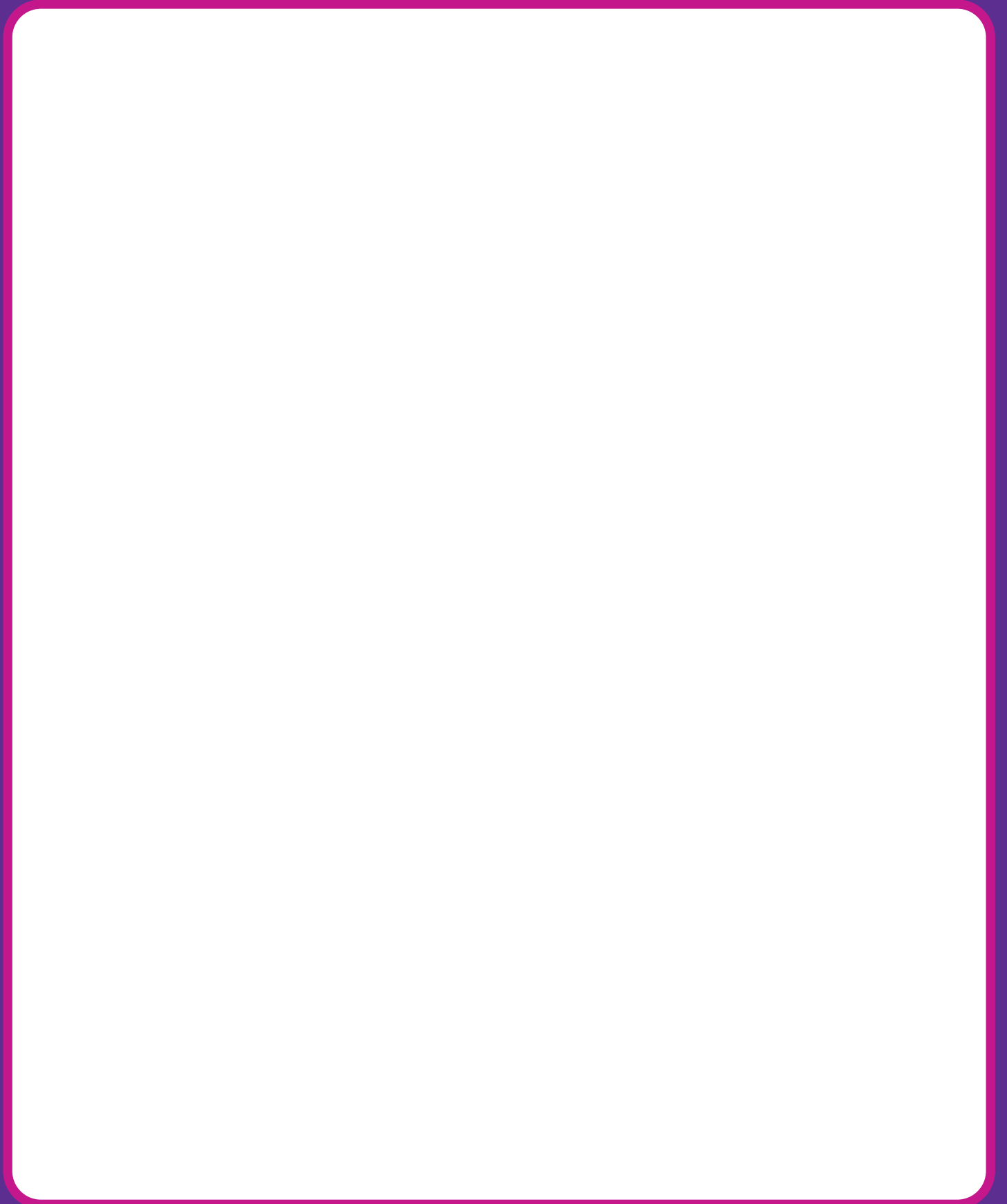
 SONGS THAT HELP ME FEEL CALM	
 BOOKS & MOVIES THAT HELP ME FEEL GOOD	
 ACTIVITIES THAT HELP ME FEEL SAFE AND COMFY	
 MY FAVORITE FOOD & DRINKS	
 THINGS I DO WITH OTHERS THAT MAKE ME FEEL HAPPY	
 THINGS I CAN TEACH SOMEONE OR LEARN FROM SOMEONE ELSE	

PEOPLE & PLACES THAT MAKE ME FEEL SAFE

Draw a picture of your safe place.



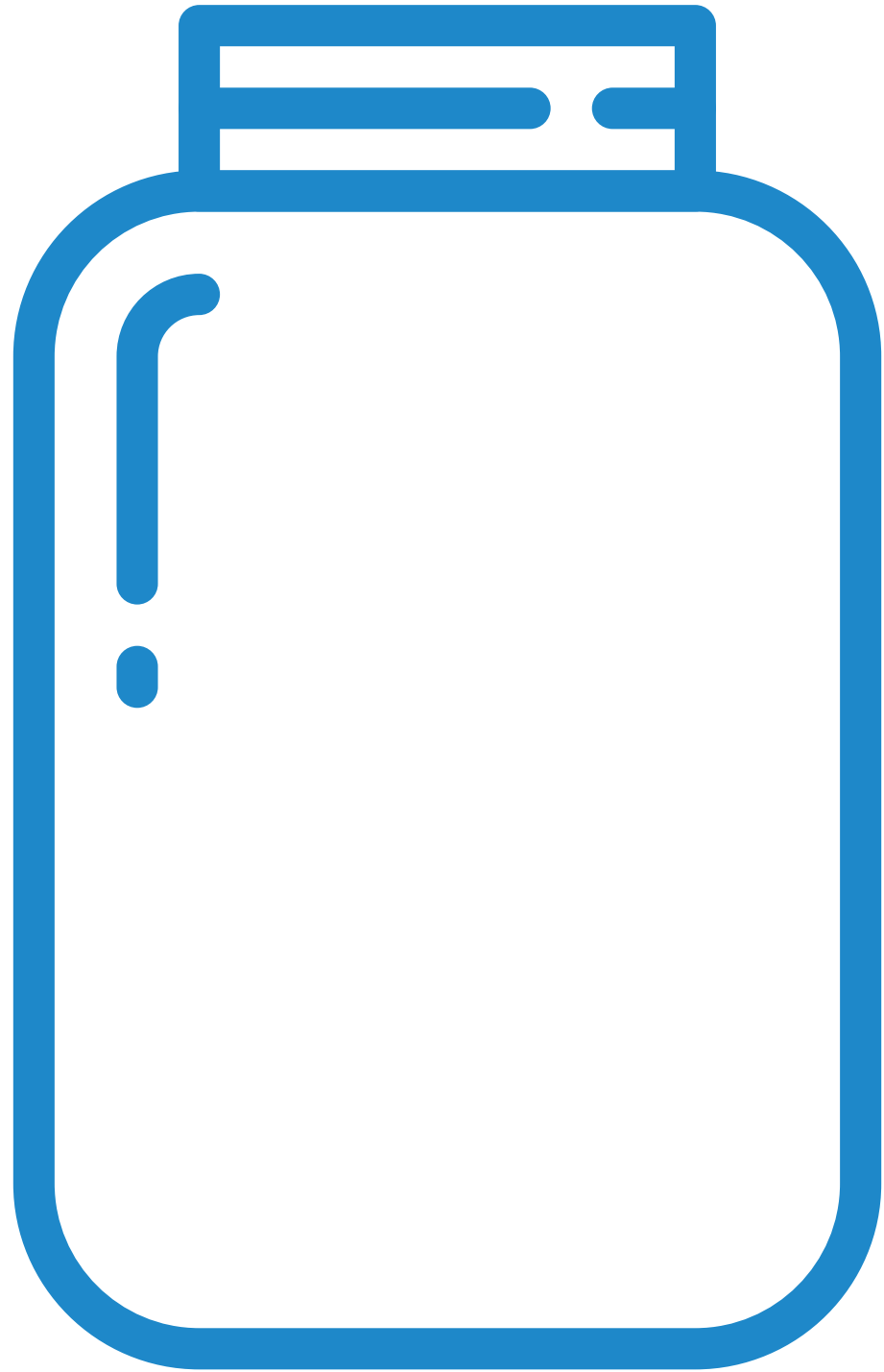
Draw picture, or write words, to describe your safe place.



Using your drawing, find a comfortable space and start focusing on your breathing. Imagine you are in your safe place. What does it look like; what can you hear; what do you see? After spending some time imagining being in your safe place, use your feelings chart to check in on how you feel.

TOPIC 4: GRATITUDE

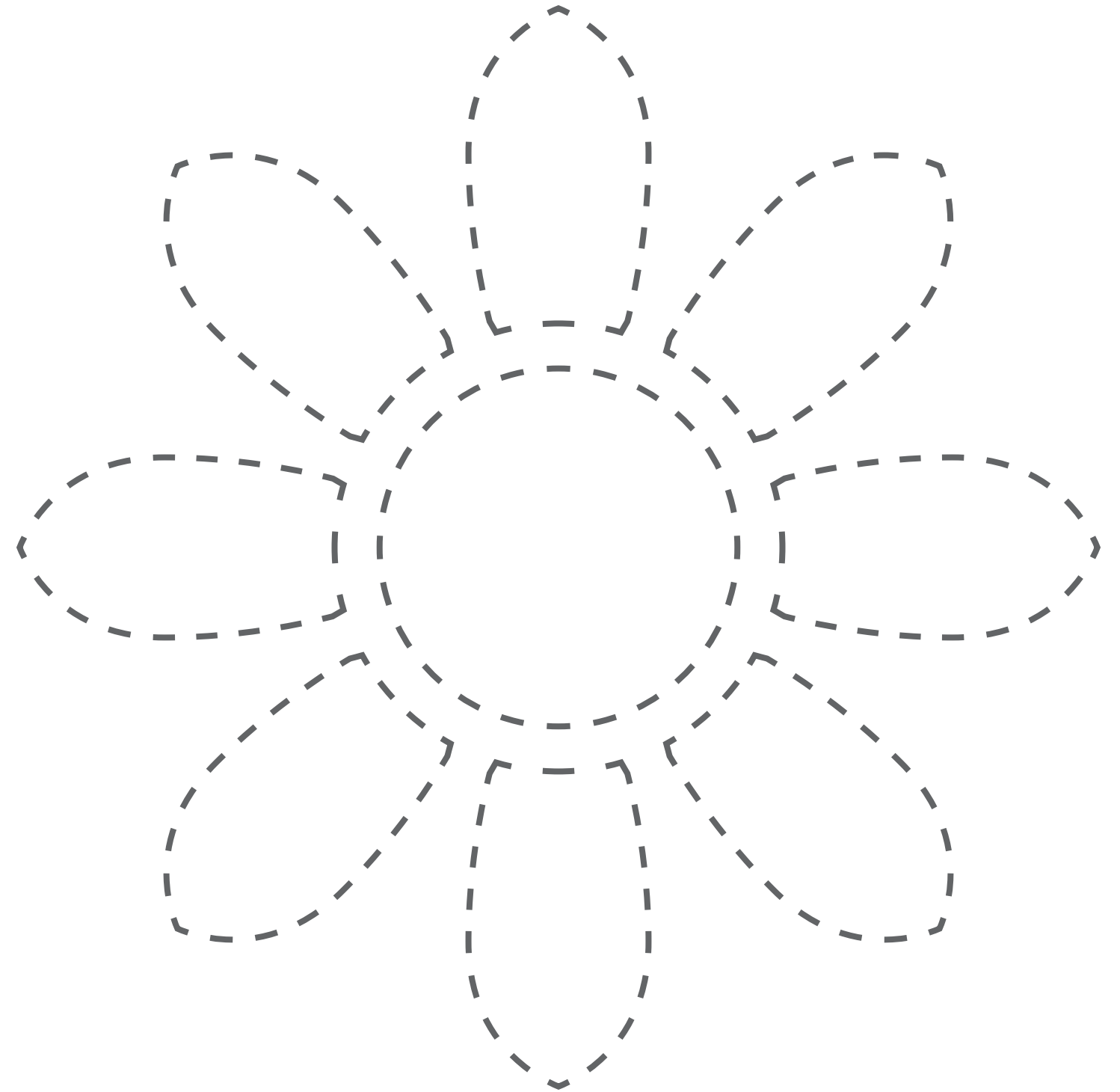
Gratitude Jar: For this activity, we will be reflecting on things we feel grateful for. You can use the image below to draw the things you feel grateful for inside.



PEOPLE I AM THANKFUL FOR...

Another way to practice gratitude is to think about the people that you are grateful for. You can make a list of names or get more creative, even including pets, teachers, and friends!

You can use the template below to create a flower listing all the people you are thankful for on the petals.






DIFFERENT POINT OF VIEW

An important skill for building friendships and connecting with others is understanding someone else's point of view. Do you know the phrase "to walk a mile in someone else's shoes?" Point of view is about thinking about how that other person may be thinking and feeling.

Use this chart to practice thinking about another person's point of view. Think about an event or activity you did with someone else. List what you thought and felt about the situation and do the same for the other person.

Describe the situation: _____

Your Name: _____ _____		Other Person's Name: _____ _____	
What were you thinking? _____ _____ _____ _____ _____		What do you think they were thinking? _____ _____ _____ _____ _____	
How did you feel? _____ _____ _____ _____		How do you think they felt? _____ _____ _____ _____	

 You can keep practicing by doing the same activity with characters from a book. Read the story then fill in the thoughts and emotions of different characters.

TOPIC 6: WORRIES

Worries and stress can feel big and overwhelming. Sometimes it can feel like thoughts about worries are unstoppable. You may notice your worries growing because you can't stop thinking about the same thing over and over. Maybe you feel like you can't stop talking about a topic.

A great way to help your brain turn off the worries is to create a container to lock up your worries. This can be a box or a can with a lid. Then when you start to feel worried, write down or draw whatever is making you feel worried then lock up the worry in the container. Some kids even like finding a time of day, especially right before bed, to unload all their worries. You can ask a friend or adult to do this with you so you can talk about the worries you're feeling.

You can make your container your own by decorating it. Make it your own by making it look like a 'Worry Monster' or 'Fear Garbage'.

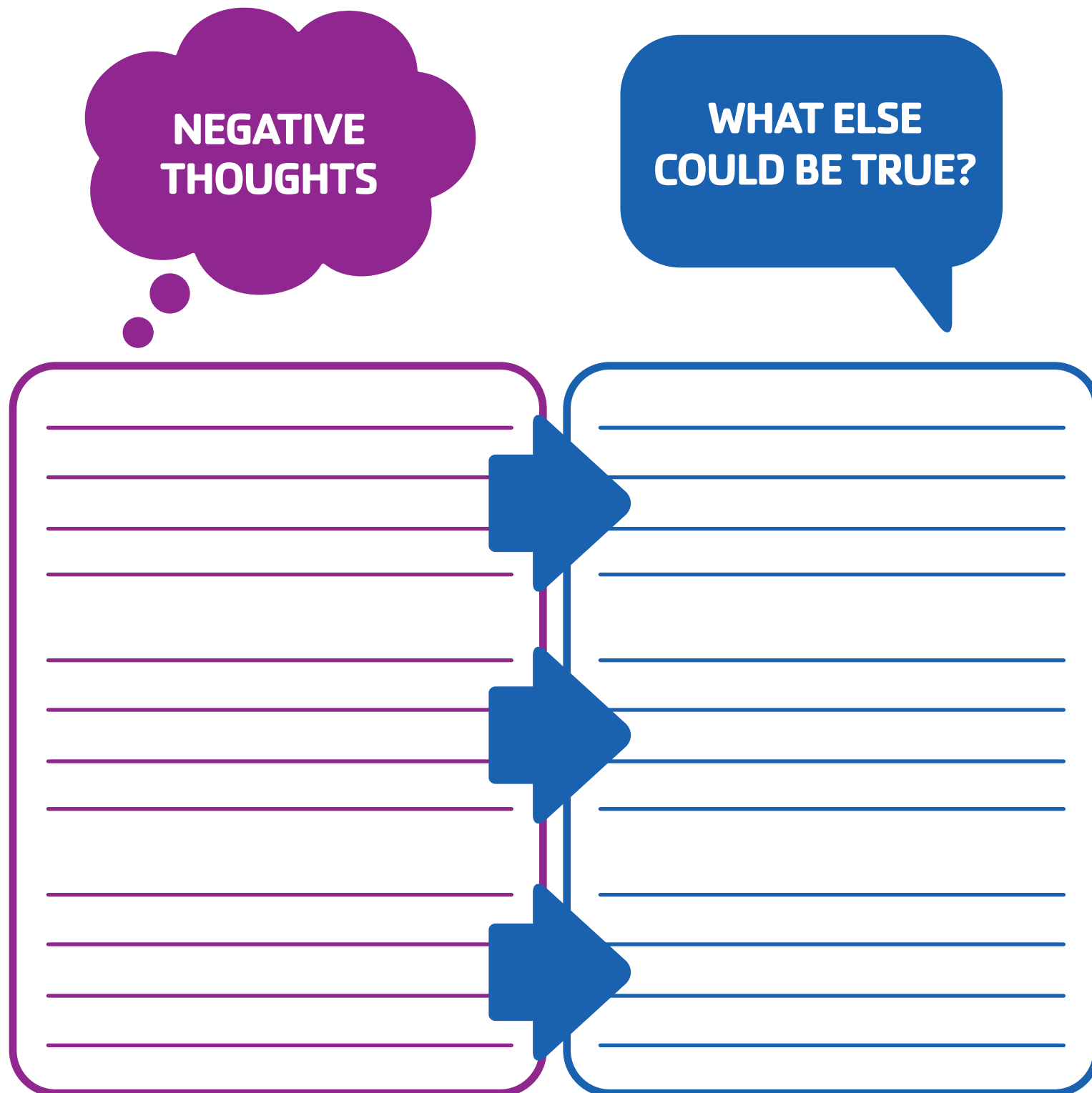


Use this space to design your worry container.

THOUGHT BUSTING

Thoughts are the voice inside your head and the things that you say to yourself. Often we have thoughts without even noticing them. Sometimes these thoughts can be worries or show up as negative thoughts about ourselves. This activity is to help you challenge these thoughts by noticing when they come up then thinking differently about the situation.


This activity can be helpful to do with a friend to help you think through the alternatives: What else could be true?



The diagram features two columns of lined writing areas. The left column is outlined in purple and is connected to a purple thought bubble above it containing the text "NEGATIVE THOUGHTS". The right column is outlined in blue and is connected to a blue speech bubble above it containing the text "WHAT ELSE COULD BE TRUE?". Three blue arrows point from the left column to the right column, indicating a flow of information or a challenge to the initial thoughts.

HAPPY BRAIN/WORRY BRAIN

In the space below, draw an outline of a brain. Now, make a line down the middle. Label one side "Happy Brain" and then label the other side "Worry Brain." Add pictures, drawings or words on each side that fit into each category. For happy brain, you might put things you like to do or times you feel happy. For the worry brain, you might put things that make you sad or anxious.



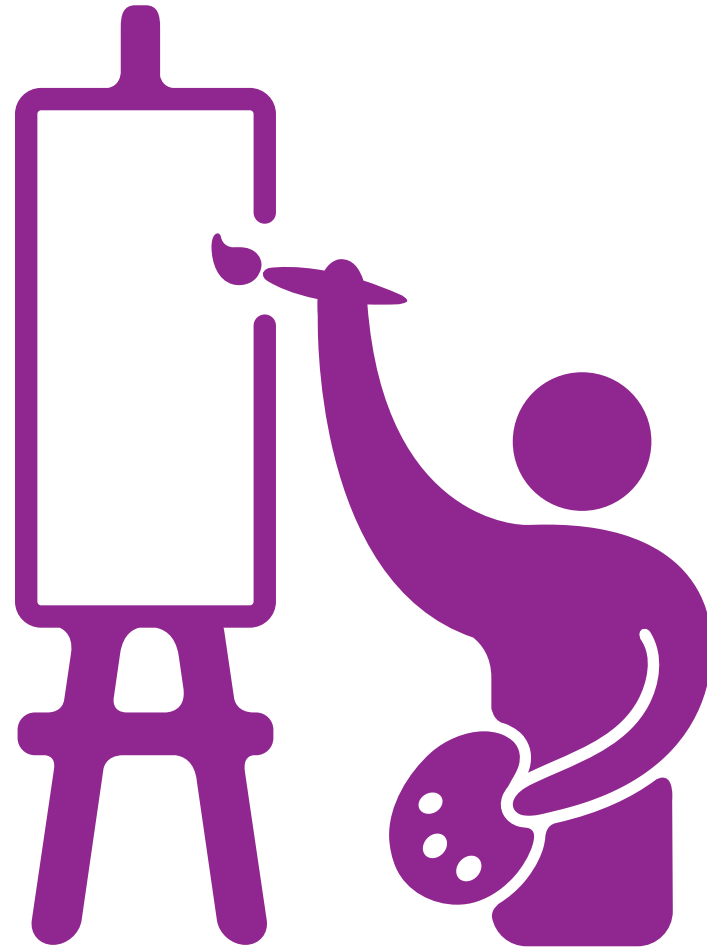
When do you notice you start to shift into worry brain? How does your body feel when you are in worry brain? What are the things that help you get back to happy brain? Use your feeling chart to check in with what emotions you experience when you are in either side of the brain.

TOPIC 7: CREATIVE EXPRESSION

A great way to express how we are feeling or just blow off steam is through art. Use your imagination to express yourself through art, and then share with someone if you feel comfortable. Try to pick your top 3 you want to complete. Here is a list to get you started:

Suggestions to get you started:

1. Paint a Scene of a Place You Like to Visit
2. Pick a Topic or Emotion and Create a Collage
3. Write a Story
4. Make your own Comic
5. Write a Poem
6. Create your own Song
7. Play an Instrument
8. Update the Lyrics to a Favorite Song
9. Make and Act out a Play
10. Have a Dance Party



➤ If you don't see something you like, don't let that stop you. You can do anything you can think of!

TOPIC 8: MINDFULNESS

Mindfulness is a practice of being present in the moment. It is like a superpower you can strengthen by focusing your attention on specific sensations, one at a time. Practicing this skill can help to feel more calm and less worried.

5 THINGS

You can start practicing by using the 5 things method. Follow the guide below:



TOPIC 9: SELF-ESTEEM

There are a lot of things going on that we can't control during this time. Remembering the things you can control and that you are good at can help you feel positive.

WHAT I LIKE ABOUT ME:



A large, rounded rectangular box with an orange border. On the left side, there is a white thumbs-up icon.

THINGS I'M GOOD AT:



A large, rounded rectangular box with a yellow border. On the left side, there is a white pencil icon.

THINGS THAT MAKE ME FEEL STRONG:



A large, rounded rectangular box with a dark red border. On the left side, there is a white icon of a flexed arm.

ACTIVITIES I LIKE TO DO FOR OTHERS:



A large, rounded rectangular box with an orange border. On the left side, there is a white icon of two people standing with their arms raised.

I FEEL SMART WHEN:



A large, rounded rectangular box with a red border. On the left side, there is a white lightbulb icon.

THINGS I DO THAT MAKE ME FEEL BRAVE:



A large, rounded rectangular box with an orange border. On the left side, there is a white icon of a superhero figure.

WEEKLY LOG

Each week keep track of activities you've done that make you feel good about being you.

WEEK 1
S M T W T H F S
● ● ● ● ● ● ● ●

WEEK 2
S M T W T H F S
● ● ● ● ● ● ● ●

WEEK 3
S M T W T H F S
● ● ● ● ● ● ● ●

WEEK 4
S M T W T H F S
● ● ● ● ● ● ● ●

ALL ABOUT ME!

In the space below, plan out an **All About Me Poster**. Add in drawings or words. Make it your own!

TOPIC 10: COMMUNITY

One of the best ways to stay connected is by making people in our community smile. A community can be any group of people you live near or care about. What are some things you have seen people do for their communities to keep them uplifted, or to communicate while keeping a safe distance? This activity will be a way for you to think of an idea for your own community



Come up with one thing you can do for someone or a group of people, and put it into action! Use your imagination to come up with something unique for your community or try an idea you have seen! Some ideas include writing letters, or making a post-it wall for people to leave messages!

COMIC BOOK

Now that you've come up with a list of ideas for what to do in your community, create your very own comic book showing the story of you putting an idea into action. Use the blocks below or create your own.



Doing something for your community can make a huge impact!
How can you create your comic with you as the hero?

RANDOM ACTS OF KINDNESS

Use the bingo board below to come up with ideas for random acts of kindness you can do in your community. We put some ideas down to help get you started.

B	I	N	G	O
				LEAVE A NICE NOTE FOR SOMEONE
READ OR WRITE A STORY FOR SOMEONE ELSE				
		FREE SPACE		
			PLAY A GAME WITH SOMEONE	



Now get started and start doing your ideas!

Each time you complete an idea, mark off the box (and try to get a BINGO! Or better yet BLACKOUT!)



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FOR SOCIAL RESPONSIBILITY

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.