

# RESILIENCE PLAN

Complete your Resilience Plan.

Think about the people who support you, strategies to stay focused, some words of wisdom and some solutions to the challenges you might face.

<p><b>SUPPORT</b> (people who keep you upright) e.g Teachers</p>	<p><b>STRATEGIES</b> (things that keep you focused) e.g Go for a walk</p>
<p><b>SAGACITY</b> (wisdom) e.g The Power of YET</p>	<p><b>SOLUTIONS</b> (behaviours you can show) e.g Ask for help</p>