



**Check In:** What is something you have come across recently that has given you hope or inspiration

**Game:** Count to 20

*Instructions for play: All participants are asked to close their eyes, or if they are not comfortable, to look at the floor. The group is going to count to 20 consecutively, but with only one person saying one number at a time. Once you have said a number you cannot say the next number. Anyone can start the count. Then a different person says the next number. If two or more people happen to speak at the same time, counting must start again from the beginning.*

*Purpose. Listening, collaboration,*

**Question for discussion:** Having looked at the risk factors and positive experiences for resilience – what stands out for you?

**Reflective Question:** In what ways can you model self-compassion to a child or young person?

**Check Out:** Something you are taking away from today and something you’d like to explore further

“Nobody can actually feel another’s pain or grief, another’s love or joy or hunger. And similarly, nobody can experience another’s understanding of a given event or situation” ***Aldous Huxley***

Check in