

Using what we have around us

There are many things we have around us that are useful to solve challenges and improve wellbeing. Use specially designed videos to reflect on wellbeing and learn techniques for managing stress and thinking about what we can do to help our wellbeing and the wellbeing of others.

Use activities to explore resources, what they are and how we can use them to support our wellbeing.

Learning objectives

You will:

- build resilience, empathy and kindness
- learn about different kinds of resources
- understand what we can use to help wellbeing
- reflect on what resources we have to help ourselves and others

Primary activities (ages 7-11)

Starter activity: Resources hunt

Look around the space you are in. What 'resources' can you see? What do you think a 'resource' is? If you can, make a checklist, take a photo or draw a picture of the resources you can see.

You can make it a challenge and only give yourself a few minutes. Time it, how many can you see?

Now look at your list:

- > what kinds of things did you choose?
- > why did you choose those things?
- > what makes something a resource – can you come up with a sentence to describe it?

A resource is something you use. Resources can help you do something well. They can help in overcoming challenges. It can be a thing like a pen and paper, a skill like knowing how to read, or a person like your friend, but it can also be a feeling, idea or ability you have, like your kindness.

Think about the web of connections, circles of control and stress patterns videos and activities. What resources, like skills, activities and ideas have you gained from these? What resources, like connections you have, your kindness and coping mechanisms, did these activities help you to understand you already had?

Go back to your list. Are there any ideas, skills or people you have right now that you can add?

Think about how resources help our wellbeing – how can they help us feel happy, healthy and comfortable. Again, why did you pick these things and how can they help you?

Video activity: What I do have

[Watch the what I do have video](#) and do the activity about your resources. It can help to focus on the problem or situation that you need the resources for. Think of the resources you have that can help you in the following situations:

- > at school

- > on a long trip or holiday
- > when you feel sad or stressed
- > in an emergency and you suddenly had to leave your home, and maybe your country

Remember it can only be things that you already have. Reflect on which resources you pick for each situation. How does it change? Are there any resources that are useful in every situation?

Extension activity: Using resources

Sometimes, in emergencies especially, we might have to use a resource for a different purpose than we normally use it.

Think about a bottle of water. What can this help us to do? Draw a picture of a bottle of water and write all the things we can use it for around the outside.

Did you know we can also use water in first aid if you have a burn. You should run cool water over a burn for at least ten minutes to cool it. For more information about using household objects in first aid [look at our first aid at home resource](#).

Pick another 'resource' from your list. Pick one idea, one skill and one person and write all the things they can help you with. For example, your parents or carers, what are all the ways they can help you?

Extension activity: Using resources to help others

Resources don't just help us, but we can also use our resources to help others. Helping other people with their problems can help their wellbeing.

Do the activity in the video again. This time think about what resources you have to help the people below. Remember to think about people, skills and actions too.

- > someone who is upset or sad
- > someone who has broken their arm (if you want to learn how to help with the first aid skill and put it in your bag or box, [look at the broken bone skill on the First aid champions website](#)).
- > someone who is being bullied
- > someone who left their home suddenly and arrived in a new place

How do you think people feel when someone helps them? How do you feel when people help you?

Secondary activities (ages 11-18)

Starter activity: What are resources?

Explore your ideas and understanding of 'resources'. Look at the statements below. How far do you agree with each statement. You can number them 1 to 10, 1 being really disagree and 10 being really agree.

- > resources are just things like money and clothes
- > resources can't make you happy
- > everyone has access to the same resources
- > resources are really useful in overcoming challenges
- > the people I have around me are resources too
- > if we don't have resources we need we can't do anything about it

Discuss your answers with others, or just think about it on your own. Write one reason why you might agree and one reason why you might disagree with each statement.

Starter activity: Resources hunt

Look around the space you are in. What 'resources' can you see? If you can, make a checklist, take a photo or draw a picture of the resources you can see. You can make it a challenge and only give a few minutes. Time it, how many can you see?

Now look at your list:

- > what kinds of things did you choose?
- > why did you choose those things?
- > what makes something a resource – can you come up with a definition?

A resource is something you use. Resources can help you do something well. They are important in overcoming challenges. It can be a thing like pen and paper, or a skill like knowing how to read or a person like your friends, but it can also be a feeling, idea or ability you have, like your kindness.

Think about the web of connections, circles of control and stress patterns videos and activities. What resources, like skills, activities and ideas have you gained from these? What resources, like connections, kindness, wellbeing, did these activities help you to understand you already had?

Go back to your list. Are there any ideas, skills or people in the space as you that you can add?

Think about how resources help our physical, emotional and psychological wellbeing. Again, why did you pick these things and how can they help you?

Video activity: What I do have

[Watch the what I do have video](#) and do the activity about your resources. It can help to focus on the problem or situation that you need the resources for. Think of the resources you have to help you in the following situations:

- > at school or college
- > when studying for an exam
- > on a long trip or holiday
- > when you feel sad or stressed
- > in an emergency and you suddenly had to leave your home, and maybe your country

Remember it can only be things that you already have and things that only have positive effects on your wellbeing. Reflect on which resources you pick for each situation. How does it change? Are there any resources that are useful in every situation?

Extension activity: Using resources

Sometimes, in emergencies especially, we might have to use a resource for a different purpose than we normally use it.

Think about a bottle of water. What can this help us to do? Draw a picture of a bottle of water and write all the things we can use it for around the outside.

Did you know we can also use water in first aid if you have a burn. You should run cool water over a burn for at least ten minutes to cool it. For more information about using household objects in first aid [look at our first aid at home resource](#).

Pick another 'resource' from your list. Pick one idea, one skill and one person and write all the things they can help you with. For example, your parents or carers, what are all the ways they can help you?

Extension activity: Using resources to help

Resources don't just help us, but we can also use our resources to help others. Helping other people with their problems can help their wellbeing.

Do the activity from the video again. This time think about what resources you have to help the people below. Remember to think about people, skills and actions too.

- > someone who is upset or sad
- > someone who is bleeding (if you want to learn how to help with the first aid skill and put it in your bag/box, [look at the bleeding skill on the First aid champions website](#)).
- > someone who is being discriminated (treated badly because of their identity) against
- > someone who left their home suddenly and arrived in a new place

Now think about why helping people and ourselves is important. How can you use your resources to help yourself and others?