



We are co-leaders of the Resilience Revolution in Blackpool and want to offer some guidance and tips about staying resilient during the coronavirus outbreak.

We have put together this pack with information and ideas for what you can do if you are staying indoors. Most young people will remember how it felt during this time rather than the actual virus itself, so we want to encourage you to stay calm, be resilient and make the most of your time together during isolation.

This is our first issue of this pack. We hope to collect and collate more information over the coming days and will add to this pack over time. If you have ideas you think will be helpful please send them in!

You can email us on [headstart@blackpool.gov.uk](mailto:headstart@blackpool.gov.uk)



The Resilience Revolution is a whole town approach to addressing the mental health needs of children and young people in Blackpool. We are doing this by building a social movement; one that both supports individuals to overcome challenges and develop their resilience (by taking steps or actions that we call 'Resilient Moves'), and through tackling structural inequalities that impact on people's lives (taking action alongside the community to level out the playing field).

We call this;

**"beating the odds whilst also changing the odds".**

If you want to learn more about resilience and the Resilience Revolution, you can visit

[www.rrblackpool.org.uk](http://www.rrblackpool.org.uk) or [www.boingboing.org.uk](http://www.boingboing.org.uk)

Whilst we may have to take steps to keep at a physical distance from one another, we are keen to do all we can to keep us connected with you and each other. #ResilienceRevolution

# RESILIENCE FRAMEWORK

## A FAMILY VERSION

### A tool for building family resilience

*"Using the framework in my family home has had a positive impact, it helps identify our strengths and provides us with ways of coping and bouncing forward when we face tough times" (Blackpool parent)*

**The Resilience Framework consists of 42 resilient moves. A resilient move is an everyday action or step that evidence tells us can help build resilience.**

The family version of the Resilience Framework has been adapted from the original produced by Hart & Blincow with Thomas (2007). A group of parents and carers from Blackpool, known as the 'Parents of the Revolution' have co-produced this version, building on previous work by Newport Mind. As a group of parents and carers, we want to make sure the framework is clearly meaningful and practical for a family group to use.

When we use the term family, we believe this should be about what is meaningful to each unique family unit. For some this can include parents, children, grandparents, foster parents, cousins, friends, members of a support group and so on.

When we talk about resilience, we use the Boingboing definition which is about "beating the odds whilst also changing the odds". This means we recognise that inequality can play a big part in making things tougher, so as well as suggesting practical steps that families can make to build resilience, we challenge services and systems to take responsibility for making the resilient moves possible too.

Blackpool Council

University of Brighton  
Centre of Resilience for Social Justice

boingboing  
real resilience means a hard position

COMMUNITY  
FUND

You can download the Resilience Framework in a range of formats and languages here;  
<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>

We think the Family Version might be of particular use during this time.

Please use the framework on the following page to draw your attention to the positives that are around you. Highlight as a family all the resilient moves that you are already doing.

**We are proud to be from Blackpool and have chosen landmarks from our town to represent our ideas. If you are using the framework in another town or city, you could adapt this for your area.**



A bucket and spade represents the **Basics** as they are the tools needed to build a foundation.



Blackpool Tower is a landmark that residents gain a sense of **Belonging** from when they see it.



A Blackpool tram highlights that **Learning** is a journey.



The Big One represents **Coping** as a roller coaster as there may be ups and downs but it's about staying on track.



The Big Wheel is used to illustrate the compartments that makes up a person's **Core Self**.



The **Noble Truths** are displayed in the pillars of a pier and is representative of how they are used to underpin and hold the framework together.

- **Accepting** - where and who you are right now
- **Conserving** - holding on to the things that are going well
- **Commitment** - keep going together even when it's tough
- **Enlisting** - getting the right support, at the right time from the right people





## Basics

- We have good enough housing
- We have money to live
- We can keep ourselves safe
- We can use transport to get to places
- We have a healthy diet
- We exercise and get fresh air
- We get enough quality sleep
- We spend social time together
- We respect everyone's differences and receive the same respect

## Belonging

- We have somewhere we belong
- We can find our place in the world
- We make time for our friends and family
- We try to keep healthy relationships going
- We are there to help each other
- We make the best of relationships around us
- We have a support network when times are tough
- We know our responsibilities and try to meet them
- We focus on good times and places together
- We understand what has happened in our past
- We can think positively about new situations and new people
- We make new friends and mix with others

## Learning

- We encourage each other to achieve our full potential
- We can take guidance from others
- We plan out our futures together
- We are organised
- We celebrate our achievements
- We learn and share new skills with each other

## Coping

- We have rules and try our best to stick to them
- We are brave when we need to be
- We solve problems as a team
- We focus on the good things
- We are committed to activities that we enjoy doing
- We can take time out to relax
- We remember tomorrow is a new day
- We can lean on others
- We have a laugh

## Core self

- We have hope
- We try to understand how other people feel
- We know and understand ourselves and each other
- We take responsibility
- We find time for our talents and interests
- We can identify local services and use them when needed

## Noble truths



Accepting



Conserving



Commitment



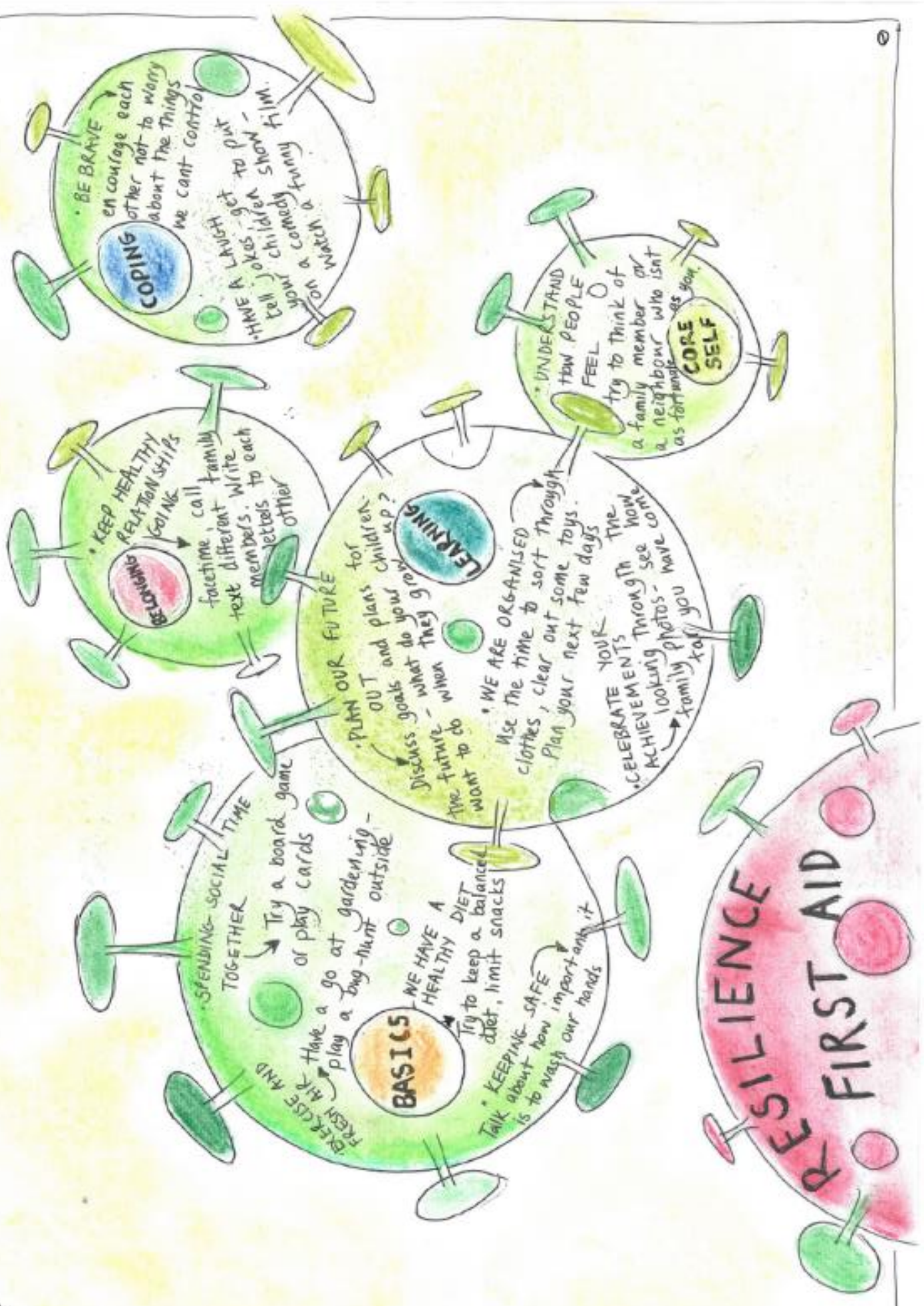
Enlisting

Blackpool Council



## **Top Tips for Staying at Home:**

- **Keep a routine:** Have a purpose to your day, begin by setting your alarm, getting up in the morning, getting washed and dressed. Make a routine of different things to do throughout your day e.g. baking, creative time, drawing time, reading, gaming, film time. Having a routine will help you sleep at night.
- **Get children to help out:** This is a good time to learn new life skills – cooking, cleaning, planting seeds in the garden, DIY jobs around the house.
- **Talk about worries:** Talk about what is happening in the news and any worries you each may have. Create a safe space to talk where you won't be interrupted. Explore anything your family may be anxious about and then try to end these conversations on a positive note. Speaking about things you are grateful for is a good way to turn a negative conversation into a positive. e.g. we are okay and healthy, we still have our house where we are safe, we have a bed to sleep in, we have food to eat etc. Use the Resilience Framework to help you if you are struggling to see the positives.
- **Exercise when possible:** Go for a walk (unless in social isolation) or search online for free exercise routines. There are some great yoga videos for children on YouTube and the Body Coach posts free workouts for those wanting a more intense workout. Exercise helps to release endorphins that can help us feel better during stressful times.
- **Take the Resilience Challenge** – Use the Resilience Framework to make one Resilient Move a day and share your achievements with your friends on social media. We are thinking of setting up a #ResilientMove campaign for people to connect and share their ideas....watch this space!
- **Understand the facts** - There will be lots of stories and information being shared about coronavirus, make sure you only follow official sources and share medical advice from the NHS. If the 24-hour news is making you anxious, think about only reading a few headlines a day and limiting how much you see.
- **Eat well** – If your food shopping looks a little different at this time, use this as an opportunity to try something different. YouTube has loads of videos you can cook along with.
- **Relax** – Try mindfulness, yoga, reading a book, colouring or any other activity that you find relaxing. There are lots of mindfulness activities on YouTube or download the free Headspace app on your phone.
- **Stay connected** – If you have access to it, use technology to stay in touch. Phone your friends, family, and neighbours regularly. Wherever you can, help people in your life who may be more vulnerable. Spend time connecting with the people you are living with - mealtimes could be spent as family time where you discuss what to do the next day.





## Crafty Things to Do

Get creative with things you would usually throw away – jars, yoghurt pots, boxes etc. You can make rockets with old bottles, tissue box monsters or skittles with kitchen roll tubes!



You could also try your hand at some origami. All you need is a square piece of paper and one of the many tutorials you can find online. Why not give this origami rabbit a go with Easter on its way.



1. Fold your paper in half to make a triangle
2. Fold the creased side of the triangle about a centimetre
3. Fold one side toward the centre
4. Match it on the other side
5. Turn it around and fold the bottom up about 2cm
6. Flip it over
7. Fold the top point inside to make the top of the head
8. Give your rabbit a face.



# 100 Things to do indoors

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga [www.roberttrivest.com](http://www.roberttrivest.com)
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



# 30 Day



# Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

|  |  |   |   |  |   |  |  |
|--|--|---|---|--|---|--|--|
| Day 5<br>You enter a contest to build the world's tallest tower. Will you win?               | Day 6<br>You are stuck on Mars and need to build a new ship to get home.               | Day 7<br>Ford hires you to create the toughest pick up truck in the world.                                | Day 8<br>You and 4 friends are stranded on an island. Build a boat to find a way home.  | Day 9<br>Captain Hook needs a new pirate ship and wants you to build it.                 | Day 10<br>You and your friends decide to build a tree house.                  | Day 11<br>Prince Charming hires you to build a castle for him & Cinderella.            | Day 4<br>Hollywood hires you to build a movie set for a new Star Wars movie. |
| Day 12<br>Dr. Who hires you to build a new TARDIS.   | Day 13<br>You are asked by the President to build a new monument to George Washington. | Day 14<br>Mr. Hilton hires you to build a new hotel.  | Day 15<br>There is a circus in town. Build a place for the performance.                 | Day 16<br>Help your fellow pioneers build a wagon to make it across the country.         | Day 17<br>Build the fastest car around and join the big car race.             | Day 18<br>Do you wanna build a snowman? Get in the winter mood and build a snow scene. |  |
| Day 19<br>The city wants you to build a bridge to connect one side of the town to the other. | Day 20<br>Pizza party! It is up to you to make a pizza for all the guests.             | Day 21<br>You are hired to build a brand new hospital.  | Day 22<br>The fence is broke and the dog keeps escaping. Build one he can't get out of. | Day 23<br>You are now in medieval times. You are commissioned to build a jousting arena. | Day 24<br>The local bank keeps getting robbed. Build a safe no one can crack. | Day 25<br>Design and build your dream bedroom.   |  |
| Day 26<br>You are elected ruler. Build a flag for your land.                                 | Day 27<br>Aliens are invading and you need to build a war robot to defeat them.        | Day 28<br>The aliens have taken over. They are impressed by your robot. They want you build one for them. | Day 29<br>You are hired to build a house entirely out of yellow Legos.                  | Day 30<br>There is blizzard. You will need to build a snowmobile.                        |   |  | What was your favorite day?  |



**1** Set an intention to live with awareness and kindness

**2** Get outside and notice five things that are beautiful

**3** Cultivate a feeling of loving-kindness towards others today

**4** Start today by appreciating that you're alive and have a body

**5** Every hour simply take three calm breaths in and out

**6** Eat mindfully. Appreciate the taste, texture & smell of your food

**7** Listen to a piece of music without doing anything else

**8** No plans day. Slow down and let spontaneity take over

**9** When someone is speaking, take a full breath before you reply

**10** Stay fully present while drinking your cup of tea or coffee

**11** Notice how you speak to yourself. Try to use kind words

**12** Feel the cool of a breeze or warmth of the sun on your face

**13** Stop, breathe and just notice. Repeat regularly during the day

**14** Enjoy doing any chores or tasks more mindfully today

**15** Stop to just watch the sky or clouds for ten minutes today

**16** Do something creative that absorbs your attention

**17** Look around and spot 3 things you find unusual or pleasant

**18** If you find yourself rushing, make an effort to slow down

**19** Listen deeply to someone and really hear what they are saying

**20** Happy International Day of Happiness! [dayofhappiness.net](http://dayofhappiness.net)

**21** Notice the joy to be found in the simple things of life

**22** Have a device-free day and enjoy the space it offers

**23** Take an unusual route and notice what looks different

**24** Notice when you're tired and take a break as soon as possible

**25** Make a list of amazing things that you take for granted

**26** Tune in to your feelings, without judging or trying to change

**27** Stop work earlier and use the time to be still and relax

**28** Bring to mind all the people you love and care about

**29** Appreciate your hands and all the things they enable you to do

**30** Mentally scan down your body and notice what it is feeling

**31** Go nature spotting today. Even in a city, life is all around

**"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn**



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

# 100+ INDOOR ACTIVITIES

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY



## If you are not self-isolating can you help others who are?

Put this note through your neighbour's letterboxes so we can support our community:

**HELLO!** If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

**If you are self-isolating due to COVID-19 I can help with:**

☐ Picking up shopping

☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.**

**#ViralKindness**

## Other Useful Information

### **Links to other free activities:**

[www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)  
[www.treetoolsforschools.org](http://www.treetoolsforschools.org)  
[www.henry.org.uk](http://www.henry.org.uk)  
[www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/](http://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/)  
[www.fatmumslim.com.au/32-fun-family-activity-ideas-together/](http://www.fatmumslim.com.au/32-fun-family-activity-ideas-together/)  
[www.twinkl.co.uk/](http://www.twinkl.co.uk/)  
[www.hobbycraft.co.uk/ideas/kids/14-easy-origami-ideas-for-kids](http://www.hobbycraft.co.uk/ideas/kids/14-easy-origami-ideas-for-kids)  
[www.craftykidsathome.com/a-z-of-indoor-activities/](http://www.craftykidsathome.com/a-z-of-indoor-activities/)  
[www.frugalfun4boys.com/minute-win-it-challenges-family-games/](http://www.frugalfun4boys.com/minute-win-it-challenges-family-games/)  
[www.pagingfunmums.com/2014/07/04/20-home-science-projects-kids/](http://www.pagingfunmums.com/2014/07/04/20-home-science-projects-kids/)  
[www.creativelyhomespun.com/2015/10/29/40-at-home-family-nights/](http://www.creativelyhomespun.com/2015/10/29/40-at-home-family-nights/)  
[www.springbok-puzzles.com/10-Fun-Family-Activities-On-A-Budget-s/2023.htm](http://www.springbok-puzzles.com/10-Fun-Family-Activities-On-A-Budget-s/2023.htm)

### **Further Information about Coronavirus and support:**

#### **Explaining the virus to children:**

<https://www.thedadsnet.com/this-free-book-is-great-for-explaining-covid-19-coronavirus-to-your-children>

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

[https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=this downloadable comic&utm\\_campaign=Weekly-03-03-20&t=1583271654945](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=newsletter&utm_medium=email&utm_content=this%20downloadable%20comic&utm_campaign=Weekly-03-03-20&t=1583271654945)

<https://www.bbc.co.uk/newsround/51342366>

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

<https://littlepuddins.ie/coronavirus-social-story/>

#### **Coping with our emotions during coronavirus:**

World Health Organisation - <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

YoungMinds: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Mental Health Foundation: <https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Children's Society: <https://www.childrenssociety.org.uk/advice-hub/self-care?>

#### **Support for older people in your family:**

<https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/>

#### **Additional On-Line / telephone Support:**

<https://youngminds.org.uk/find-help/your-guide-to-support/need-to-talk/>

#### **Financial Advice**

<https://www.blackpoolcab.org.uk/>; Tel: **0300 330 1184**

<https://www.moneyadviceservice.org.uk>



Most young kids will remember  
**how their family home felt  
during the coronavirus panic**  
more than anything specific about the virus

Our kids are watching us and learning about  
how to respond to stress and uncertainty.

**Let's wire our kids for resilience, not panic.**

