

MODULE B

Handout

Handout Title	Resilience: your resource luggage
Aims	<p>The learning objectives of this module are:</p> <ul style="list-style-type: none">• To suggest youth workers, facilitators and teachers new exercises and group activities aimed at building resilience• To enhance awareness of internal and external factors that can increase resilience• To implement more creative approaches in the management of problematic life situations
Core Lesson	<p>Exercise 1 - Introduction Name: If I were... Description: Introducing yourself through similarities with elements in each category, to get to know each other in the group; having an early knowledge of the participants' personality and characteristics.</p> <p>Exercise - Warm up Name: Creating our safety net Description: Team members pass a ball of strings to one another, to create a net, or something similar to a spider web, while expressing something they are good at.</p> <p>Exercise 3 Name: Resource or difficulty? Description: Team members move in the room according to the feeling a specific picture gives them, thus reflecting on which situations they see as relaxing or as stress triggers.</p> <p>Exercise 4 Name: Under a storm Description: After the first activities that served as a general reflection on problematic and positive situations, the participants will now visually represent the aspects or elements that are problematic in their lives and the ones that help them overcome difficulties, through the metaphor of an umbrella under a storm.</p> <p>Exercise 5 Name: The club of life Description: Activity to identify the people that each person has in their life as support.</p>

	<p>Exercise 6 - Cool down Name: Strike! Description: As a cool down, a more energetic and physical activity would wind down the emotional energy and engagement disclosed with the previous activities. The group will stand in a circle, with a ball in the middle. With their hands or fists between their legs, each participant should try and make the ball pass through their teammates' legs, to symbolically send away the difficulties.</p> <p>Exercise 7 - Reflection and feedback, Name: I'll Post-it! Description: in the last minutes of the lesson, the participants will write down a personal resource that they have discovered or analysed in the group, and they will bring back home, as a reminder of what they can rely on in difficult times.</p>
Takeaway Points	<p>Resources</p> <p>Stressors or triggers</p> <p>Difficulty</p> <p>Help</p> <p>"Safety net"</p> <p>people around us</p> <p>Self-awareness</p> <p>skills</p>
Resources	<ul style="list-style-type: none"> ● La fabbrica del talento, Università Cattolica del Sacro Cuore di Milano. ● REPSSI ● Associazione Francesco Realmonte ONLUS, Milano
References	<ul style="list-style-type: none"> • Castelli C. (2011). Resilienza e Creatività. Teorie e tecniche nei contesti di vulnerabilità. Franco Angeli. • Castelli C. (2013) TUTORI DI RESILIENZA Guida orientativa per interventi psico-educativi. EDUcatt. • Ogden P. Fisher J. (2015) Sensorimotor Psychotherapy. Raffaello Cortina Editore. Capitolo 14 Fare l'inventario. La categoria delle risorse pg 209-216 • Morgan J. & REPSSI (2009) Making a Hero (Active Citizen) Book. A guide for facilitators

