

# The Jacket – Summary

**Developing resilience; recognising strengths** (Resources: Paper, pencil, colours)

1. Imagine you have a very special jacket.
2. Draw this jacket on a large piece of paper, and on the front of it write or draw lots of things that you have done well.
3. Close your eyes and imagine putting the jacket on. Notice that as soon as you put it on you find yourself feeling much more positive.
4. You see, hear and feel much more confident as you recognise all the inner resources you possess that will help you to exceed expectations.
5. You remember your skills and successes and feel more able to get over obstacles to reach your goal.

RELATED ACTIVITIES AT HOME
<ol style="list-style-type: none"><li>1. Discuss times when your child might use The Jacket.</li><li>2. Share the many successes your child has had, or the qualities he or she possesses, that could be written on the jacket. For example, you might talk about playing games with you, getting over being ‘fed up’, helping a sibling, riding a bike, making you feel happy and so on.</li><li>3. Put on a jacket from your wardrobe. Imagine it is a ‘special one’ and have fun reminding your child about some of <i>your</i> qualities! (<i>Hopefully they will recognise some of them!</i>)</li></ol>