

Resilience Spin Wheel

The resilience spin wheel is designed to give young people ideas about how to deal with difficult situations.

There are some ideas included on the resilience spin wheel but there is also a blank spin wheel template if the young person would prefer to add their own ideas.

You will need to make the resilience spin wheel below. Please cut it out and put a split pin in the middle. You could also paint or draw on a lazy Susan if you want to be more creative.

Encourage the young person to spin the wheel and practise doing the resilience exercises together.

Whenever there is a difficult situation and the young person needs to find a positive solution or coping strategy, they can take the resilience spin wheel out of their pocket or their bag and choose which strategy to use.

The more they use the spin wheel, the easier they will find it to react positively to a difficult situation.



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