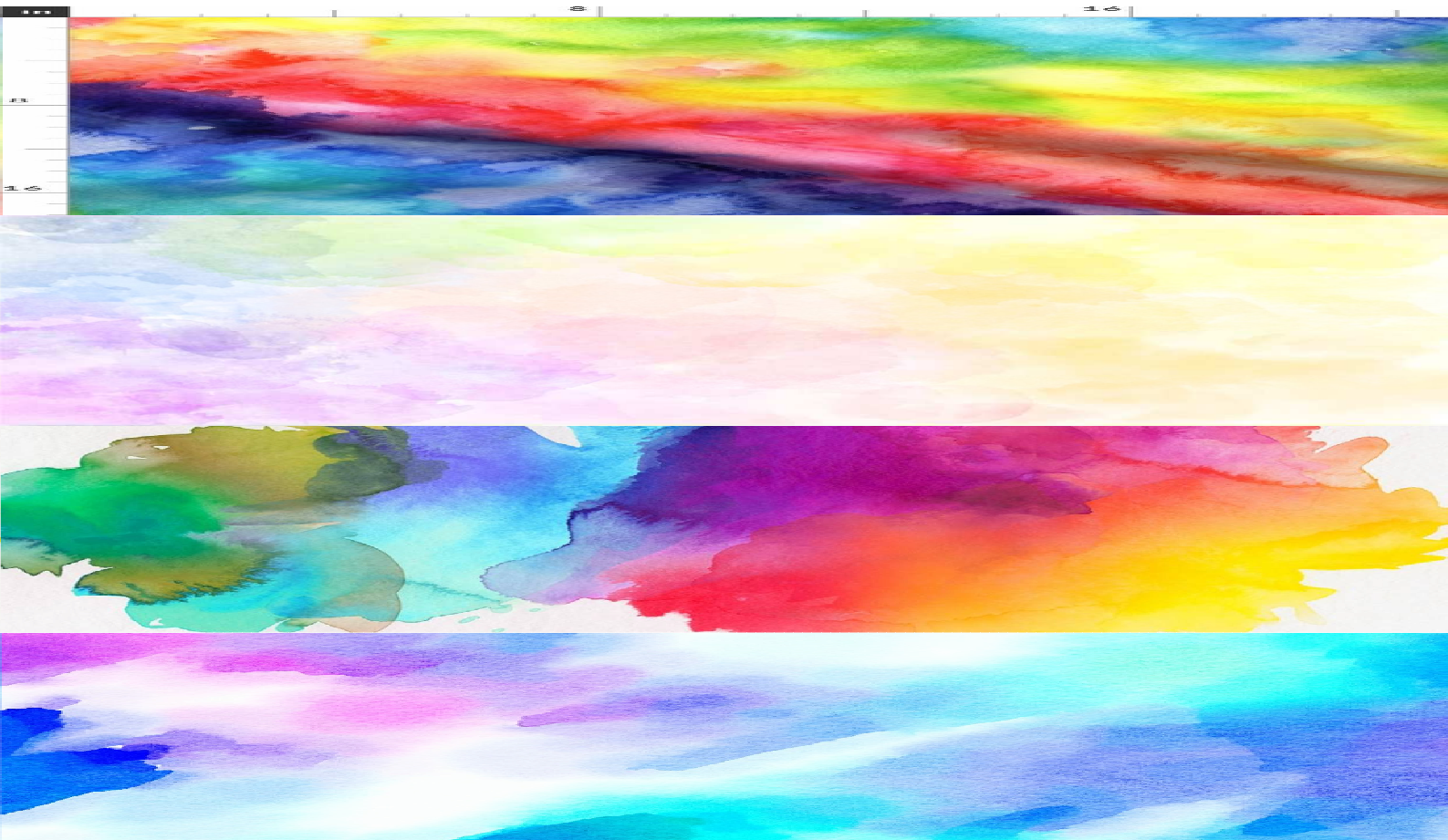


# Fostering Resilience

## Positive Bracelets



To promote and foster resilience, print out the following page and cut out each band to make positive bracelets. Children can wear them with pride each day when they have achieved what it says or can give them to somebody they think deserves it. We have provided some blank ones for you to design your own!



Remember to share photos of your personalised bracelets with us:



[team@fosteringcompassion.org](mailto:team@fosteringcompassion.org)



[@FosteringCompa1](https://twitter.com/FosteringCompa1)



[www.facebook.com/Fosteringcompa1/](https://www.facebook.com/Fosteringcompa1/)



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

Scottish Registered Charity  
(SCIO) SC046975



I am Resilient!

I Can Make Good Choices!

I am Strong!

☆ I Believe in Myself! ☆

I am Courageous!

I am Helpful!

I am Unique!

I am Loved!