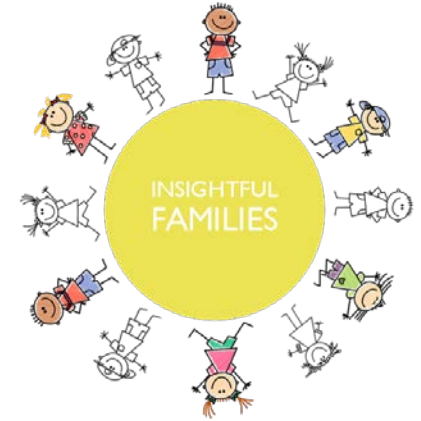


ACTIVITY 2

In groups of 2 – 4

- pick 3 activity 2 cards
- take a resilience wheel sheet



Discuss in groups how each area may impact the different areas of the resilience wheel and in what way

- if you have finished discussing the 3 cards, pick some more

SAFETY

BELONGING

ACHIEVING

EMPOWERMENT

PURPOSE

ADVENTURE