

**Haringey Resilience Wheel:**

We all have universal needs (also referred to as developmental or bio-social needs). When these needs are met, we have higher levels of wellbeing.

When our universal needs of:

**BELONGING, ACHIEVING, EMPOWERMENT & PURPOSE**

are met  
we have higher levels of **SAFETY & ADVENTURE** (for age appropriate risk-taking)

**SAFETY**

- Physical safety – food, water, shelter, warmth, clothing, sleep, free from physical harm/abuse
- Emotional safety - emotional warmth - free from blame, sarcasm, bullying or emotional harm/abuse

**4.**

**PURPOSE** – HAVING A SENSE OF PURPOSE

Experiencing:

- Being generous to others
- Contributing to community  
– contributing to the wellbeing of others gives meaning & purpose to life
- Receiving positive feedback & feeling valued by the community

**1.**

**TO BELONG**

Experiencing:

- Love and care
- Physical touch/hugs (appropriate)
- Feeling connected to others
- Friendship
- Adults who are interested
- Home that is stable

Experiencing:

- Being listened to
- Having some choice & control
- Feelings of respect
- Freedom to make decisions in life
- Help to know you can cope

**TO FEEL EMPOWERED**

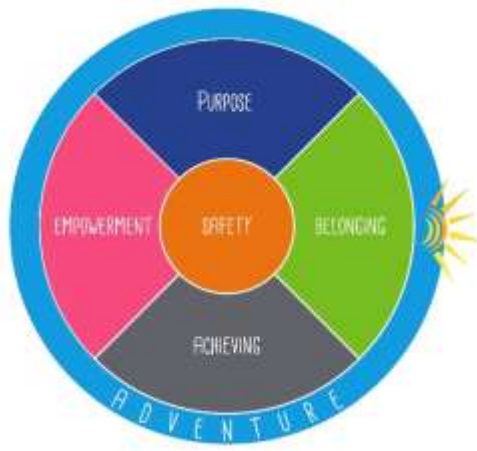
**3.**

Experiencing:

- Being successful  
– academic or other
- Feeling the thrill of mastering skills with practice
- Celebrating success

**TO ACHIEVE**

**2.**



**ADVENTURE**

- Courage to take risks – appropriate to age, to try new things, start a task that might seem difficult, being able to keep going when something gets harder, taking responsibility for something that might be challenging & benefits them & others
- Being part of something bigger – contributing to community
- Ability to & joy in being creative