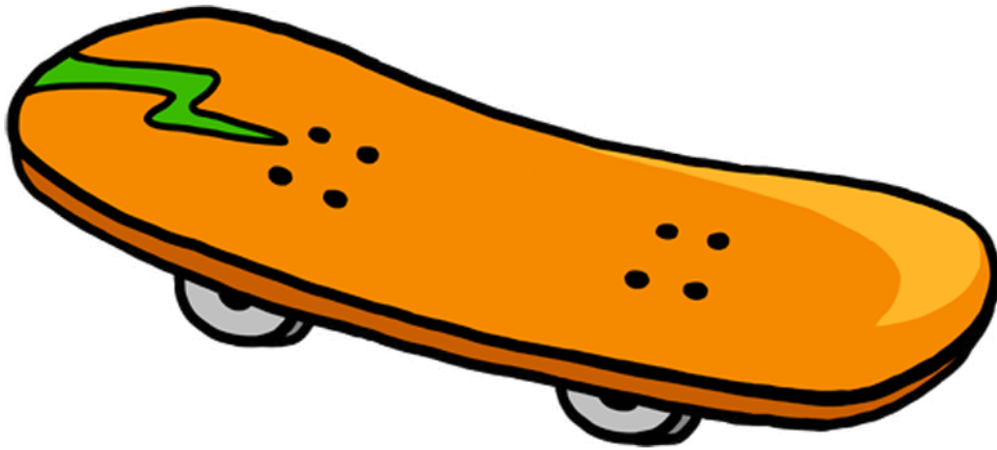


Skater

Tyrone skates to keep fit,
to be with friends and to forget his problems.



- 1 Make a list of the hobbies and activities that you enjoy to be creative and to help you to “blow off steam” (think about your problems).

2 Tyrone says that when he fails on a new skating trick, he gets up and tries again until he gets it right. This gives him a great sense of pride in himself and his personal achievements.

Circle the strategies that help you to become more resilient.

try again

give up

stay positive

laugh about it

talk it over with your friends

think about your long-term goals

become discouraged

believe in yourself

keep practising

get angry

take some time out by yourself to think

do some exercise

do some deep breathing

take up a new hobby

eat healthy foods

3 Think of a situation when you were disappointed about something not working for you. What did you do?

How helpful was this response?

- 4** Tyrone loves the thrill of achieving what he's practised. One of his goals is to become a world class professional skater. What are some things that you enjoy doing and you're really good at?

What future career could these skills lead to?

- 5** Create your own design for this skateboard that helps you to remember your goals.

