

POSTCARD FROM BULGARIA

Bulgaria is a cultural melting pot with Greek, Slavic, Ottoman, and Persian influences. It has a rich heritage of traditional dance, music, costumes, and crafts. Here is how to get the best out of Bulgaria from home with our 'Resilient Moves Menu'

Starter:

Resilience Framework – Belonging – #14 *The more healthy the relationship the better*

Share tea and biscuits and tell your family member/friend know that you are grateful for them and tell them why.

Main:

Resilience Framework – Belonging - #18 *Focus on Good times and places*

Bulgaria's rich heritage of dance, music, costume and crafts means that self-expression is an important part of culture. Find a way of expressing your favourite memories. What made it a happy time? Who were the people around you that made it happy? What other feelings do you remember having? Can you share your memories with others – tell them about it. How will you choose to express your memories?



Dessert:

Resilience Framework – Basics - #5 *Healthy Diet*

Bulgaria is a melting pot of culture and cuisine. Time to enjoy some food together. Plan and cook a healthy 3 course meal together. Maybe different family members can be responsible for different courses. How healthy can you be?

Cheese Board:

Resilience Framework – Coping – #36 *Have a Laugh*

Time to get the family together again and learn a Bulgarian horo dance. Horo dance is a line dance with repetitive steps.



Boing Boing developed the resilience framework we are using. For more information visit

<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>

We would love to hear about what you are doing. Please share any pictures or write to us about what you have tried. Send to

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Images and write ups will be shared on social media.

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Bringing the Resilience Framework, developed by Boing Boing, to Life