

POSTCARD FROM GREECE

Greece has been influential since ancient times, it's often called the cradle of Western civilization. Here is how to get the best out of Greece from home with our 'Resilient Moves Menu'

Starter:

Resilience Framework – Belonging - #20 Predict a good experience of someone or something new

Greece is the birthplace of western philosophy. Take some time out to talk about what there is to look forward to when lockdown has finished. What positives can we take from all this change? Create your own 'PPT' – 'Personal Positive Theory' about the rest of the year ahead. Can your theory give hope to others?

Main:

Resilience Framework – #31 Putting on rose tinted glasses

Theatre as we know it, started in Greece with stories of Comedy and Tragedy which we see represented in the theatre masks. Use the Comedy mask to identify all the things that make you feel happy and safe. The things that make you feel good about yourself and the people around that make you feel good. What about what the opposite looks like on the tragedy mask. Display the words or thoughts you have come up with a reminder of all the positive things. Turn the comedy mask upside down... it's now smiling!!



Dessert:

Resilience Framework – Belonging - #24 Map out a life plan

The first modern Olympics was held in Athens, Greece. The 5 rings represent the 5 continents unified. All the best things come in 5's. How about setting a life plan in 5's.

	5 Amazing Places to Visit:	5 Amazing Things I want to have achieved	5 Amazing People I still want to be in contact with
By Age 25			
By Age 35			
By Age 45			

Cheese Board:

Resilience Framework – Coping – #36 Have a Laugh

A popular dance is the Sirtaki. A folkdance popularised by many movies. Have a go at dancing your own Sirtaki.



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.

In association with Resilient Rutland, a lottery funded project.

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