

# My Survival Map

This activity is designed to help you think about what coping strategies you have already, as well as thinking about the strategies you might need in the future. In this activity, you will make a creative picture or board that shows all of the answers to the questions below; this will be your survival map. Your answers can be drawn, written, painted or printed. The survival map is yours to keep; it needs to be special and meaningful to you.

The survival map you are going to create isn't just about coping. It is also about dealing with situations positively and being confident in your own abilities. It will help you to understand how important people are to you and how important you are to them. Once you realise this, you will hopefully feel more confident and become more resilient.

Please answer the following questions on your map. This can be done in whichever way you choose.

1. What are your best qualities?
2. Who are the people who love you?
3. What are your favourite things to do?
4. What makes you laugh out loud?
5. Who makes you laugh out loud?
6. What makes you feel good?
7. What things make you feel calm and relaxed?
8. What do you do when you feel worried?
9. Who can you talk to when you feel worried or upset?
10. What do you want to achieve in the future?
11. What is the best piece of advice someone has given you?
12. What is the nicest thing someone has said to you?
13. What is your proudest achievement?
14. When you are feeling sad, what can you do to feel better?



When you have created your survival map, talk through your answers with the adult you are with. When you talk through your answers, you may think of more ideas and want to add them to the map. Please add these ideas in.

Take some time to look at the map and think about how special and important you are and what you are able to achieve.

Pay attention to the 'coping strategies' on your map. These are all the ways you can help yourself, and the people that are there to help you, to manage difficult situations.