

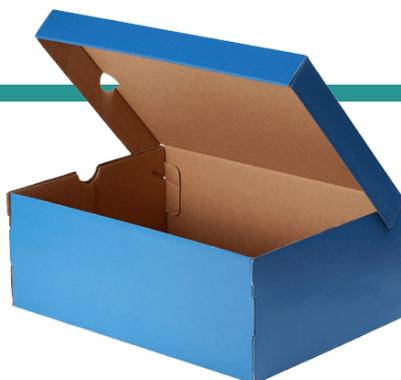
MY FOOD ALLERGY RESILIENCE KIT



Life can be tough, and so can living with food allergies. Kids with food allergies need resilience (the ability to bounce back in the face of adversity). This resilience kit will help your child develop a growth mindset. When children have a growth mindset they can look at bad situations and see how to overcome them, they can see how they can learn from mistakes, and they can see the good in themselves.

Building resilience takes flexibility and knowing your identity, which different items in this kit will help them grow. Remember, resiliency also comes from relationships, so you as a parent are a part of this, too! While making this kit with your child, reiterate that you believe in them and love them no matter what...and for exactly who they are!

FAACT's RESILIENCE KIT Instructions



Gather a shoe box and spend time decorating it with your child (or if they are old enough, let them decorate it on their own). They can cut positive words out of a magazine, or draw on it, or tape pictures to it. When you are finished decorating your resilience box, you can print and add these materials.

Whenever your child experiences a setback, bring out the resilience kit. Remind them what resilience is, and how they can overcome whatever comes their way!

Optional extra ad-ins at home:

- Erasers for “when we make mistakes”
- Bouncy ball to show we bounce back
- Puzzle piece - because life can get mixed up, but we can always take our time and put it back together
- A pen because we can write our own story
- Binoculars for focus
- Safe snacks, because to move forward we must properly nourish our bodies



MY RESILIENT BADGES (TO CUT OUT)



MY AFFIRMATIONS

Decorative cards to cut out and hang in room or locker



I am enough



I can do anything



I am capable & strong



I am resilient



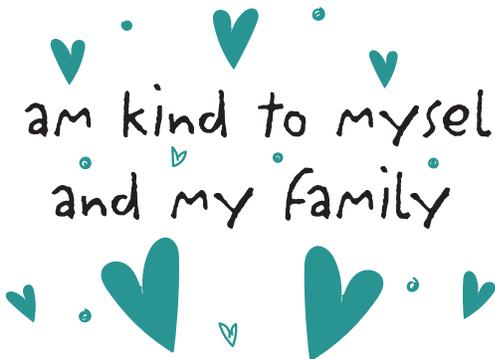
The world is a better place
because I am here



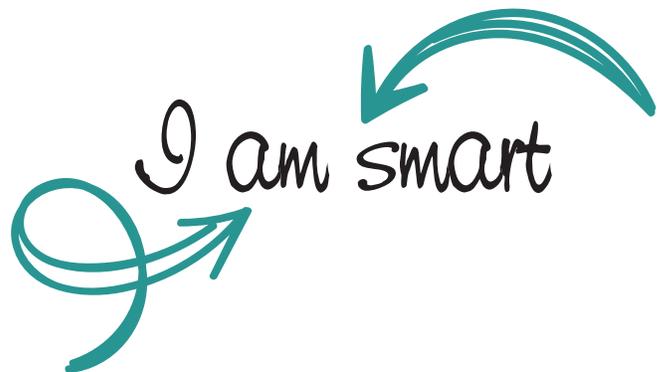
I am unique



I am kind to myself
and my family



I am smart



MY DECLARATIONS

Decorative cards to cut out and put on the fridge

Taking care of myself is necessary



 I know my own strengths 

I seek help when I need it



My feelings are valid

I take pride in what I do and the
courage it takes to do the things I do.



I will always do my best



MISTAKES: A TOOL FOR LEARNING

Albert Einstein once said, "A person who never made a mistake, never tried anything new!"

When I make mistakes I can...


Find a new
perspective

Realize that
challenges
can be good



Ask 
questions

 Ask for help if
you need it

Take responsibility
if you need to



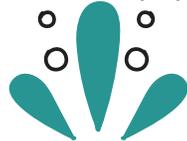
Focus on the
efforts you made

After a mistake,
you can become
stronger

Try, try again



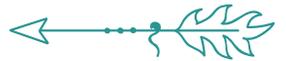
Breathe



Know that things
always get better
in time



Brainstorm on ways
to do it differently
next time



Know that mistakes
are a part
of learning



GROW



Forgive  yourself

Apologize, if
necessary



MY EMOTIONAL CHECK-IN

Today is: _____

I am feeling:

- | | | | | | |
|-----------|---------|------------|--------|----------|---------|
| Happy | Sad | Frustrated | Tired | Confused | Anxious |
| Silly | Scared | Excited | Shy | Angry | Lonely |
| Confident | Hopeful | Nervous | Grumpy | Annoyed | Jealous |

What are some thoughts I am having?

What does my body feel like?

Am I worried about anything today?

What can I control today whether in a good situation or bad situation?

What is a positive thought I can have today?

What is a way I can calm down if I need to?

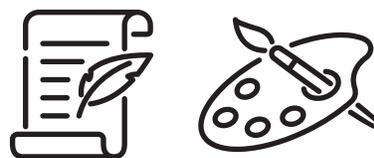
HOW TO GET GOING AGAIN!

My Resiliency Chart

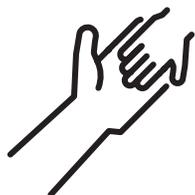
Feeling like you don't know what to do now? Try one of these activities to help you move on!



TAKE SOME DEEP BREATHS



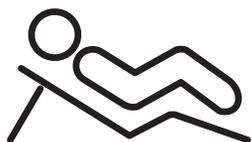
JOURNAL OR DRAW



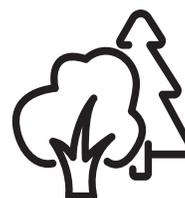
FIND AN ADULT OR FRIEND AND PROBLEM SOLVE



SING OR LISTEN TO MUSIC



TAKE A BREAK



GET OUTSIDE



ASK FOR HELP



USE YOUR AFFIRMATION SHEET

MY FOOD ALLERGY SUPERHERO



What are your food allergy superpowers?

WHAT I'M WISHING FOR!



When life gives you lemons...make lemonade!

Let's see how we can prepare for different obstacles life might have.

What I am wishing for: _____

Why I am wishing for this: _____

What obstacle might I encounter? _____

Let's Make a Plan:

If _____, then I will _____.
(potential obstacle) (what I will do to overcome the obstacle)

GOALS I AM REACHING FOR

What goals can you work on achieving this month?

What would you try if you knew you couldn't fail!?

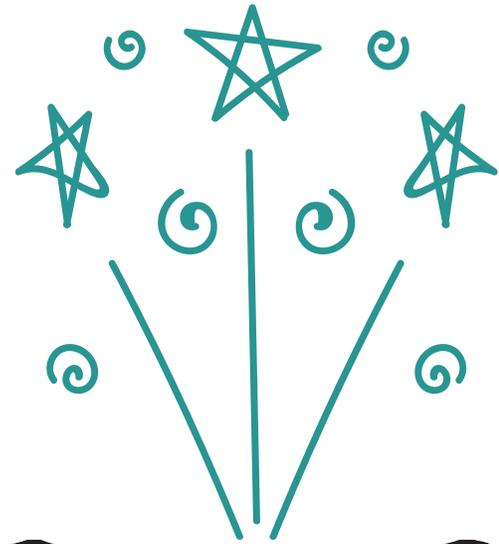
You got this!!!

Example:

1. Get an A on an upcoming test
2. Try a new activity
3. Read a new book
4. Make a new friend
5. Learn to play guitar

Directions:

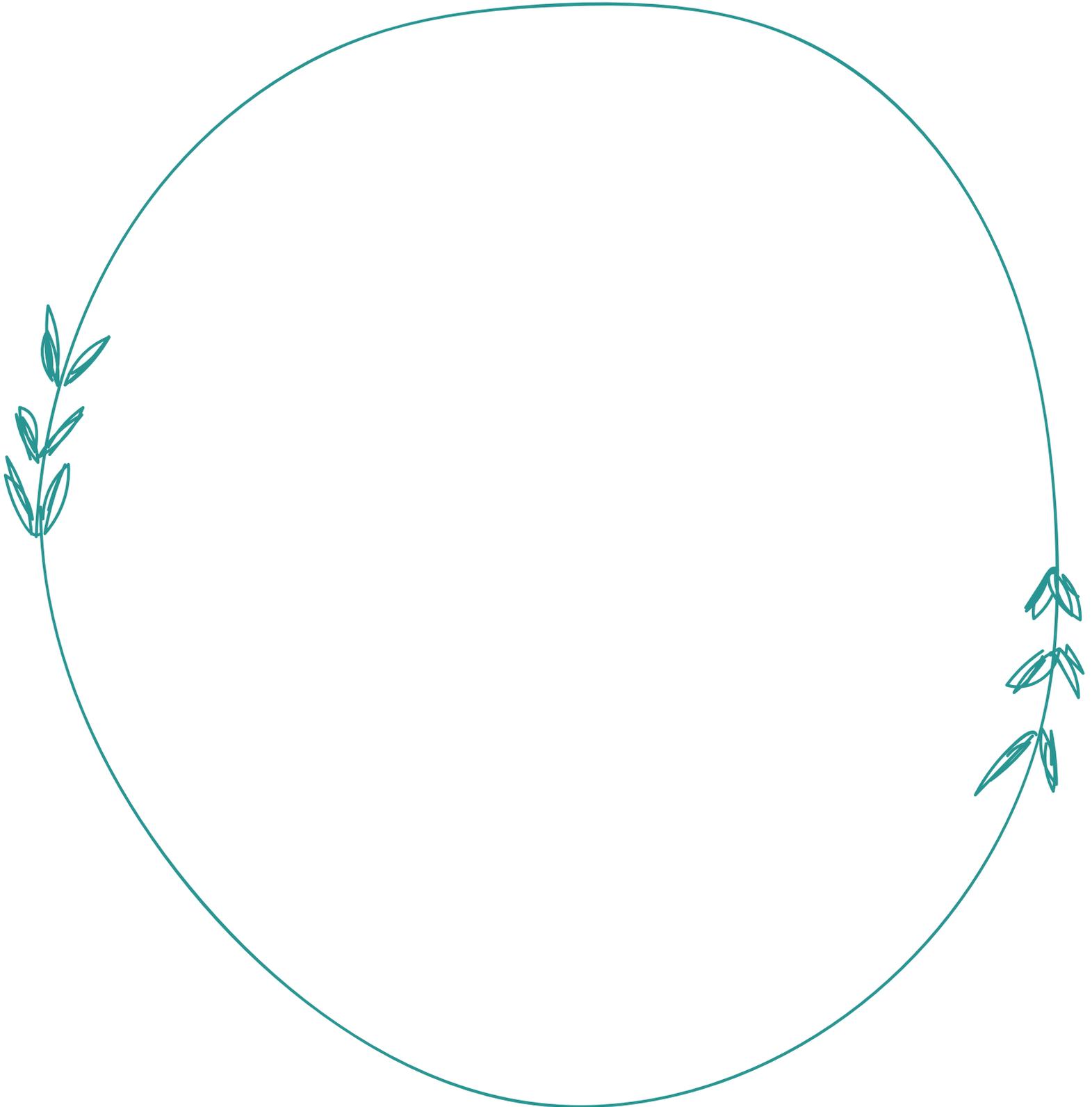
Write your big goal on top, and use the steps of the ladder to write about the steps you will take to reach your goal!



I AM SPECIAL

We are all good at different things. And, different things make each one of us special!

Use this space to draw something YOU are good at doing!



FOOD ALLERGY RESILIENCY SCAVENGER HUNT

When life gives you lemons...make lemonade!

Can you find something that will help you out if you are feeling stuck, sad, or aggravated?

-  1 Find something outside you enjoy looking at.
-  2 Find something that is useful to you.
-  3 Find something that is your favorite color.
-  4 Find something you know someone else enjoys.
-  5 Find something that makes you happy.
-  6 Find something that helps you calm down when you are upset.
-  7 Find something that makes you feel better when you are sad.
-  8 Find something that smells awesome.
-  9 Find your medical alert bracelet or necklace.
-  10 Find something that makes you feel safe.
-  11 Find something that can make pretty sounds.
-  12 Find something you are grateful for.
-  13 Find something that only you have or only you can do.
-  14 Find something funny.
-  15 Find your favorite place to spend alone time or rest time.
-  16 Find the place your epinephrine auto-injector is always stored at home!
-  17 Find your favorite safe snack.
-  18 Find something to write with.
- 19 Find a bouncy ball.
- 20 Find something that makes you feel confident!

SUPER SAFE SNACKS!

Oh no! It looks like your best friend, Gigi, brought cupcakes into school for her birthday that you are allergic to. You could get upset at her, or you could go grab your favorite safe snack! What would you do?

Draw a picture below of what you would like to eat if this happened to you!

FOOD ALLERGY FRIENDS

Oh no! Luke has told you he no longer wants to sit at the allergen-free table with you because he started liking peanut butter. While this is upsetting and not nice, you could get angry with him or invite a new friend to the table. Which would you do?

Draw a picture of one of your good friends below!

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We hope you enjoy FAACT's Resilience Kit with your family. Continue to visit [FAACT's Behavioral Health Resource Center](#) for numerous tips and resources. If you need further assistance, please contact us at info@FoodAllergyAwareness.org