

HARRY HEALTHY ACTIVITIES FOR RAISING RESILIENT YOUTH



CREATE WORKSHEET

This Short Form adapted from Healthy Activities for Raising Resilient Youth [HARRY] (Tyler et al., 2024)¹ helps children think of ideas that can help them cope with difficult situations and increase hope. This list can be used to come up with activities to CREATE.

DIRECTIONS

Mark the ideas that sound the most fun or helpful to you, then try one with a friend or family member!



CONNECT

Spend time with people.

- ☐ Talk to someone you trust ☐ Help others
☐ Enjoy some family time ☐ Play with friends



RENEW

Reset your mind & find calm or meaning.

- ☐ Pray / reflect ☐ Mindfulness ☐ Deep breathing

EXERCISE

Move your body.

- ☐ Exercise ☐ Play sports ☐ Go outside



APPRECIATE

Notice the good.

- ☐ Practice Gratitude ☐ Celebrate wins
☐ Recognize good moments



THINK

Reset your mind & find calm or meaning.

- ☐ Solve problems (SODAS) ☐ Do puzzles
☐ Learn something new ☐ Think in helpful ways

EXPRESS

Create & show who you are.

- ☐ Draw, build, make music ☐ Cook or craft
☐ Create something ☐ Share your ideas



¹Tyler, P. M., Day, J., Chmelka, M. B., Loro, J., & Gordon, C. T. (2024). Developing a culturally informed resilience screen for youth in residential programs. Adversity and Resilience Science, 5(4), 369-382. doi.org/10.1007/s42844-024-00142-3

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DIRECTIONS

Circle the ideas that sound the most fun or helpful to you, then try one with a friend or family member!



CONNECT

Spend time with people.

- | | |
|---------------------------|---------------------|
| Talk to someone you trust | Help others |
| Enjoy some family time | Play with friends |
| Call a loved one | Eat a meal together |
| Invite a friend over | Read with someone |
| Give someone a hug | Write a letter |



RENEW

Reset your mind & find calm or meaning.

- | | |
|---------------------|---------------------------|
| Pray / reflect | Deep breathing |
| Mindfulness | Listen to calming music |
| Watch the clouds | Sit outside quietly |
| Stretch your body | Practice yoga |
| Take a screen break | Watch a sunrise or sunset |

EXERCISE

Move your body.

- | | |
|---------------|--------------|
| Exercise | Go outside |
| Play sports | Ride a bike |
| Walk your dog | Jump rope |
| Play tag | Toss a ball |
| Swim | Go on a hike |



APPRECIATE

Notice the good.

- | | |
|-------------------------------|----------------------------|
| Practice Gratitude | Celebrate wins |
| Recognize good moments | Write a thank-you note |
| Say 3 good things about today | Compliment someone |
| Keep a gratitude journal | Notice something beautiful |
| Keep a kindness list | Smile at someone |



THINK

Reset your mind & find calm or meaning.

- | | |
|------------------------|-----------------------|
| Solve problems (SODAS) | Do puzzles |
| Learn something new | Think in helpful ways |
| Read a book | Learn a fun fact |
| Play a memory game | Set a small goal |
| Solve a riddle | Make a plan |

EXPRESS

Create & show who you are.

- | | |
|-------------------------|------------------|
| Draw, build, make music | Cook or craft |
| Create something | Share your ideas |
| Write a story | Take photos |
| Put on a play | Make up a comic |
| Dance | Sing a song |



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