



Kirklees Youth Council Resilience School Council Summit March 2014

We recently spoke to 129 children at the Huddersfield Pyramid School Council Summit.

We wanted to find out what skills children use to 'bounce back' in difficult times and what adults can do to support them when they struggle.

What do you do to cheer yourself up when you feel sad?

Their top 5 responses were:

1. Ask my friends to play
 2. Play computer games/ access my PC
 3. Play out
 4. Play with my sister/brother
 5. Listen to music/play an instrument
- } Joint first

**What could grown ups do to help you when you are feeling sad?
(Something they do not do at the moment)**

Their top 5 responses were:

1. Buy me things
2. Take us somewhere (trips)
3. Give us a hug/kiss
4. Ask me what is wrong/talk to me/listen
5. Make me laugh



detailed
responses
over the
page

For more information please contact Michelle Ross
E: youth.council@kirklees.gov.uk
T: 07976497656



What do you do to cheer yourself up when you feel sad?

Activities Outdoors

Play out 10
Play with pets 6
Sport 3
Trampoline 2
Park/field 2

Activities Indoors

Play computer games/ access PC 19
Listen to music/play an instrument 9
Read 7
Watch TV 6
Sing 5
Play with my teddy bear 4
Make things 2
Play games 2

Individual Skills

Ask my friend to play 19
Play with my sister/brother 10
Talk to a friend 5
Talk to someone 5
Laugh 5
Cuddle/talk to my mum 3
I try to look on the bright side 2
Talk to a teacher 2
Make myself happy 2
Count to ten 2
Sleep 2
Go downstairs and get a drink 1
Take a deep breath 1
Talk to my dad 1
Make new friends 1
Have a hug 1
Eat fruit 1
Go to my bedroom and think about what happened/calm down 1

What could grown ups do to help you when you are feeling sad? (Something they do not do at the moment)

Activities

Take us somewhere (trips) 15
Read a book with me 1
Play with me 14
Watch TV with me 1

No adult support required

I cheer myself up 2

Physical Support

Give us a hug/kiss 11
Smile at me 3

Emotional Support

Ask me what is wrong/talk to me/listen 8
Give us more love 1

Action

Buy me things 18
Make me laugh 9
Sort problems out quickly 5
Let us play outside 4
Come straight away 2
Help me make friends 1
Get me a lifetime off school 1
Grown-ups stop arguing 1
Stop shouting at me 1
Adults should turn music down 1
Take me inside 1
Let us play on iPads 1
Let us play with dog 1

Education

Encourage me/ help me learn/teach me 4
Give me advice 2
Help us 1
Fun lessons 1
My teacher helps me find a friend 1