

Your support network

Think of someone you know who has had to be resilient. How did you support them?

Write down three people in your support network, that you could turn to if you were struggling.

How can you support others with empathy, and how would you like others to support you?

Your support network

Discuss with your partner how the activities made you feel as the person who was being listened to.

Reflect on the importance of active listening, both for the person sharing and the person listening.

How could you ensure you're practicing active listening and showing empathy when supporting others?
