



✧ MY ✧
RESILIENCE
WORKBOOK

INNER SPACE

Written by
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Artwork by
ESTY RASKIN



THIS WORKBOOK BELONGS TO:



INNER SPACE

MY RESILIENCE WORKBOOK

Written by
Tzivy Reiter, LCSW
Naomi L. Baum, PhD

Creative direction and illustration by
Esty Raskin

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ABOUT THE AUTHORS

TZIVY REITER, LCSW is the Director of Children’s and Trauma Services at Ohel. Tzivy is a specialist in children’s mental health, early childhood development, bereavement, trauma and disaster mental health. She has intervened in local and national disasters including 9/11, hurricanes, wildfires, and mass shootings. She believes social-emotional skills are a prerequisite for optimal learning and has lectured in dozens of classrooms on promoting resilience and social-emotional skills in children. She co-created *My Covid-19 Resilience Workbook*, used by 10,000 children during the pandemic, and was named a mental health hero during Covid

by the NYC Mayor’s Office of Community Mental Health. Tzivy recently co-authored a book for preschool children with Naomi Baum, *I Feel That Way and That’s Okay!*, and an accompanying Teacher’s Guide. She is bringing these resilience building resources to new communities under Ohel’s recently established Kestenbaum Family International Services for Children. Tzivy writes a blog for Psychology Today, “The Resilient Parent,” and frequently writes about work/life balance. She is the author of *Briefcases & Baby Bottles: The Working Mother’s Guide to Nurturing a Jewish Home*. Tzivy can be reached at OhelResilience@ohelfamily.org.

NAOMI L. BAUM, PH.D. is a psychologist who consults both in Israel and internationally in the field of trauma and resilience. She has a private practice where she sees clients both in person and virtually. Naomi is the author of *My Resilience Workbook*, the forerunner of the current *Resilience Workbook*, which was originally published in Hebrew in 2008, and then translated to English, Arabic, French, Spanish, Nepalese, and Amharic and used all over the world in post disaster and post traumatic environments. Dr. Baum created the Building Resilience Intervention (BRI), an evidence-based resilience model that has been applied widely in Israel and abroad. She is the author of professional articles

on resilience building and trauma as well several books, including her newest book, co-authored with Tzivy Reiter, *I Feel that Way and That’s Okay!*, a preschool book for children. Her most recent adult book is *ISRESILIENCE: What Israelis Can Teach the World*, published by Gefen, and a workbook on mourning currently available in Hebrew. She has written books about cancer as well as grief and bereavement. Most of her books are available on Amazon. Naomi is a student and instructor of Qigong, a meditative form of movement based on the principles of Chinese medicine. She lives with her husband in Israel, is mother of seven, and grandmother of twenty five. Her website is www.naomibaum.com.

The authors extend their heartfelt appreciation to Ohel’s amazing team of professionals, who played a crucial role in the creation of this workbook. Their invaluable contributions, suggestions and ideas helped make this project a reality:

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Carly Namdar

Bracha Rupp

Faigie Turner

ABOUT OHEL

Inner Space: My Resilience Workbook is a project of **Ohel Kestenbaum Family International Children's Services**.

Ohel Kestenbaum Services provides resilience-building programs to children and schools in New York, across the United States, and around the world.

Ohel has provided transformative social services and mental health services for more than 50 years. Beginning as a foster care agency for Jewish children in New York, today Ohel cares for thousands of individuals through a broad range of programs including mental health services, housing and programs for people with developmental and psychiatric disabilities, older adult services, and outpatient counseling for everyday people with everyday problems.

Ohel's Camp Kaylie welcomes children of all abilities to a summer of inclusive fun. Ohel Zachter Family National Trauma Center provides crisis response and support for trauma to communities nationwide.



WELCOME TO INNER SPACE

MY RESILIENCE WORKBOOK

This workbook will take you on a journey through a galaxy of emotions! Are you ready to blast off on a mission that will teach you about resilience and help you become a more confident space explorer?

WHAT IS RESILIENCE?

Resilience is a super cool and important word that means being able to bounce back when things don't go quite as planned.

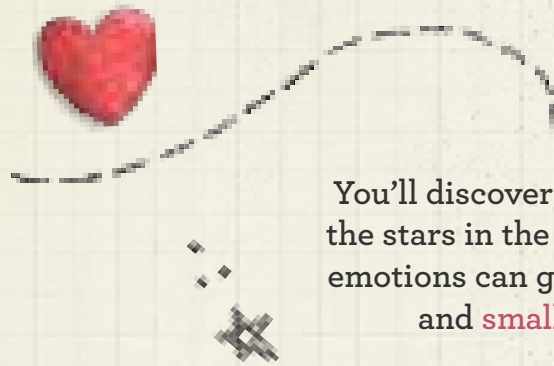
It's like having an astronaut suit that protects you from space rocks and helps you keep exploring the galaxy, even when things get bumpy!



WHAT IS INNER SPACE?

INNER SPACE REFERS TO THE
THOUGHTS AND FEELINGS INSIDE YOU.

This workbook will teach you new things about the way you **think** and **feel**, and how to recognize those feelings inside your **body**.



You'll discover that like the stars in the sky, your emotions can get **bigger** and **smaller**.



Just like an astronaut handles challenges in space, you'll be equipped with your **Power Pack**, filled with special tools that you have ready to launch inside! These tools help you understand and cope with your feelings. With the help of your trusty Power Pack, you can navigate through hard times and come out stronger on the other side.

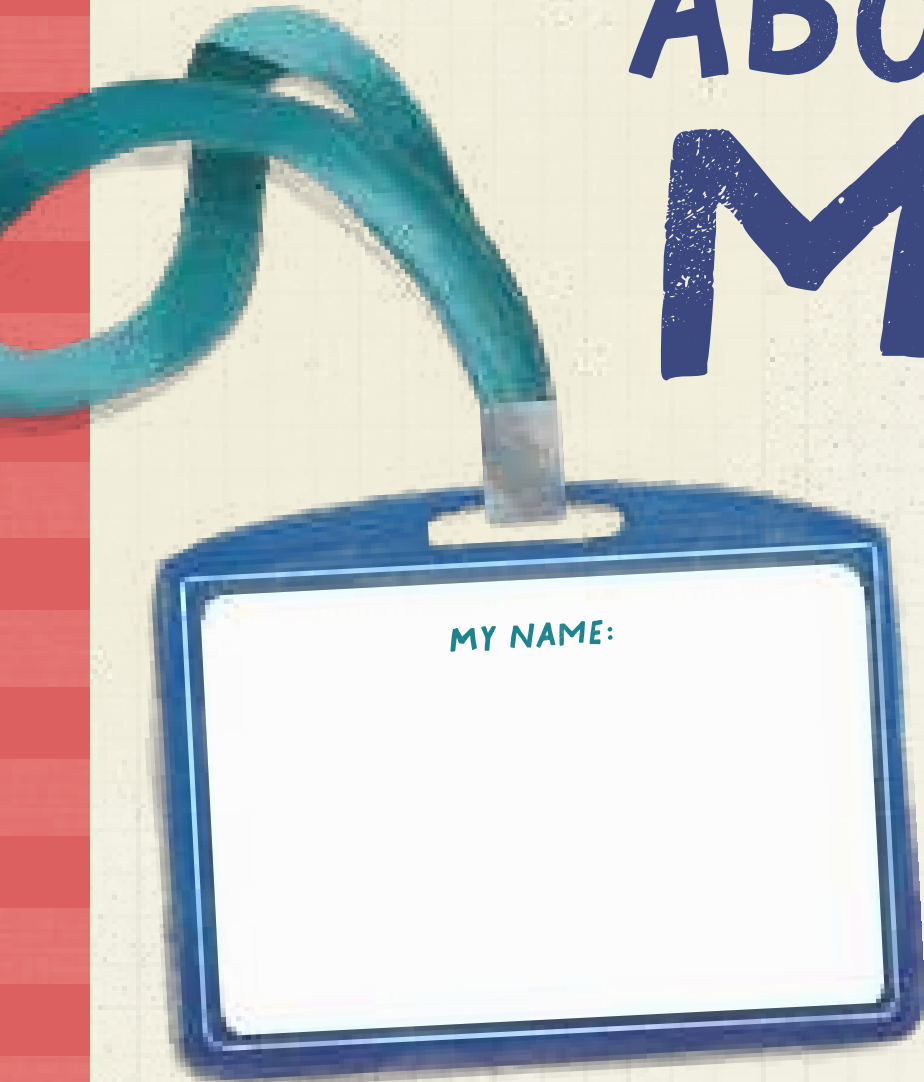


So buckle up and get ready to explore this workbook. You can choose to **write**, **color** or **sketch**. You can keep your answers to yourself—or share them with others.



WE WISH YOU A JOURNEY FULL OF DISCOVERY AS YOU
EXPLORE YOUR INNER SPACE IN OUTER SPACE!

ABOUT ME



MY NAME:

MY AGE:

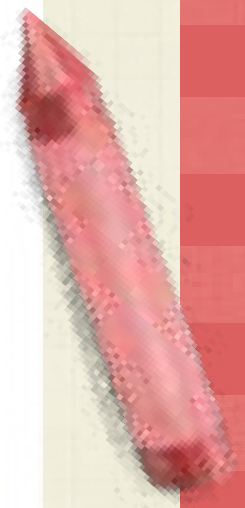
MY GRADE:

MY SCHOOL:

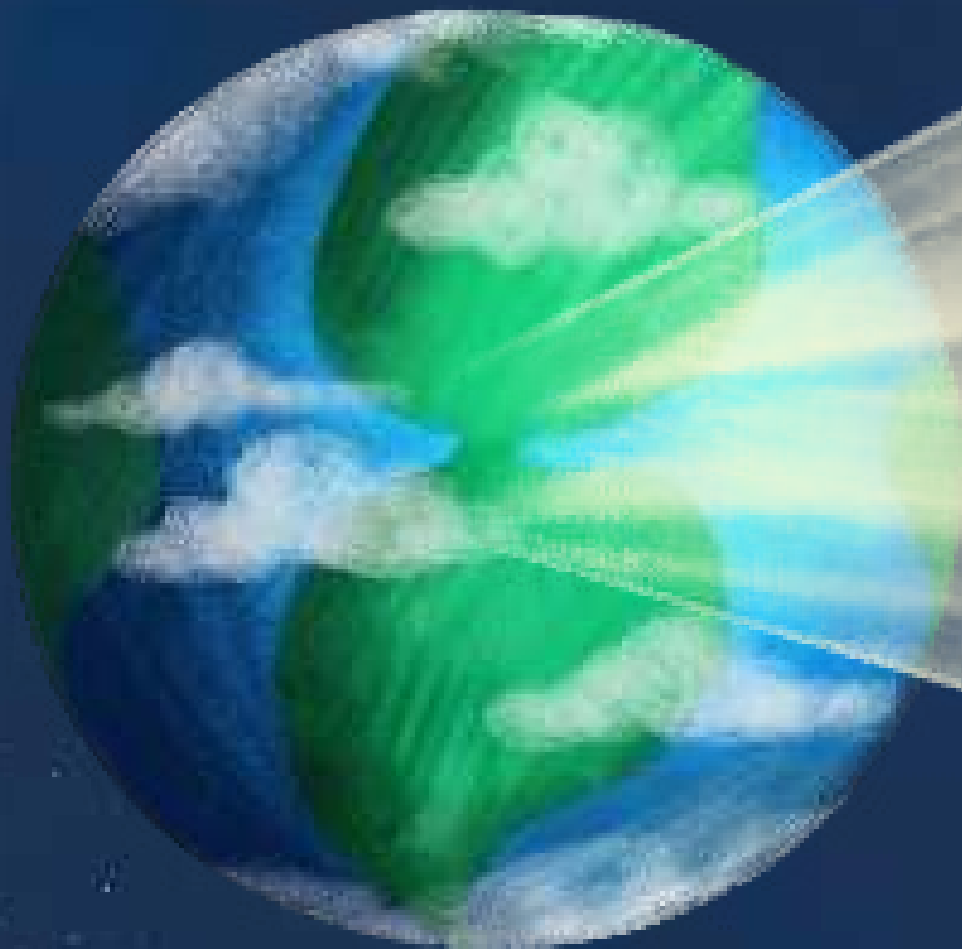
SOMETHING INTERESTING ABOUT ME IS:



Draw a picture of yourself.



MY HOME



Write or draw about the place you call home.

MY FAMILY

Write or draw about the people in your family.



Countdown to
space mission!

MY FRIENDS

Write or draw about your friends and other people you love.



Don't forget
to pack: - toothbrush
- socks
- tools
- photos

WHAT MAKES ME UNIQUE?





I am good at:

A large, vertical, white, rounded rectangular area for writing.



Things I would like to get better at:

A large, irregular, light green area for writing.



I like to:

A large, orange, starburst-shaped area for writing.



People don't realize that I can:

A large, horizontal, yellow, rounded rectangular area for writing.

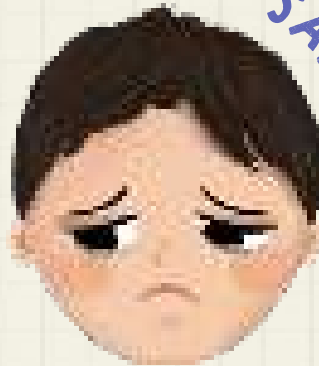


THE FEELINGS THAT I FEEL

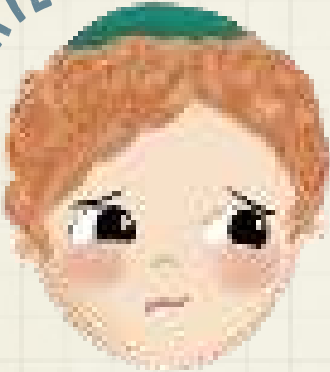
HAPPY



SAD



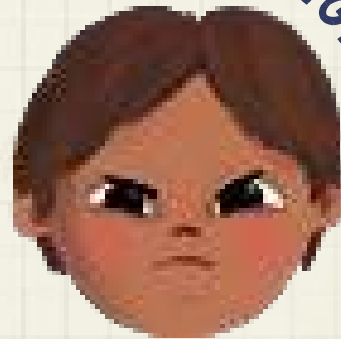
WORRIED



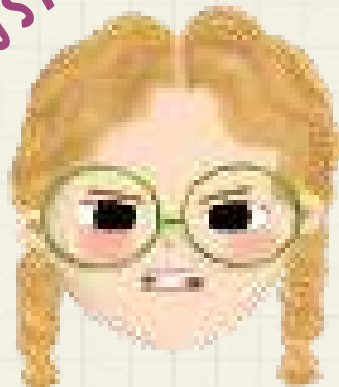
EXCITED



ANGRY



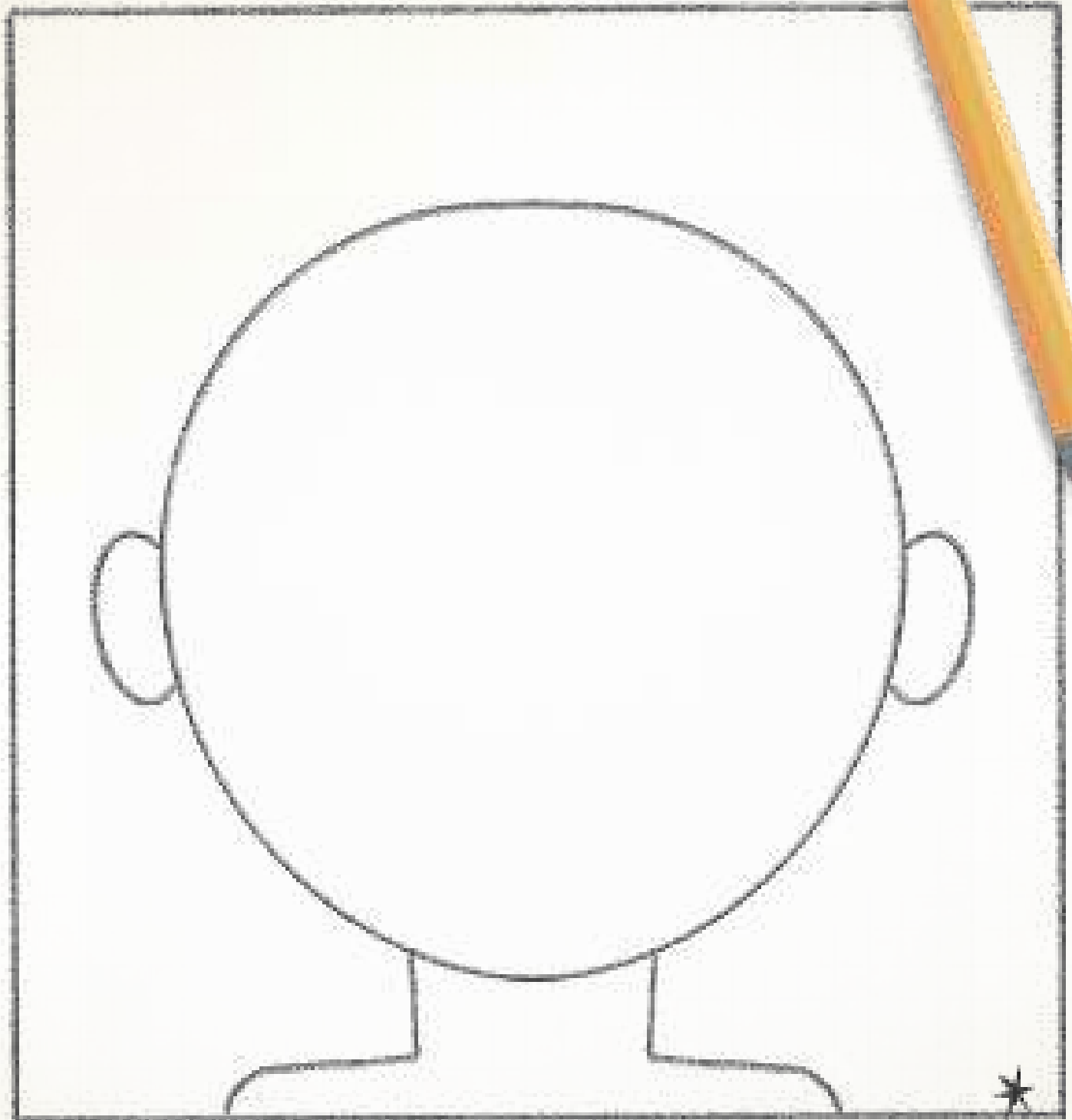
FRUSTRATED



CALM

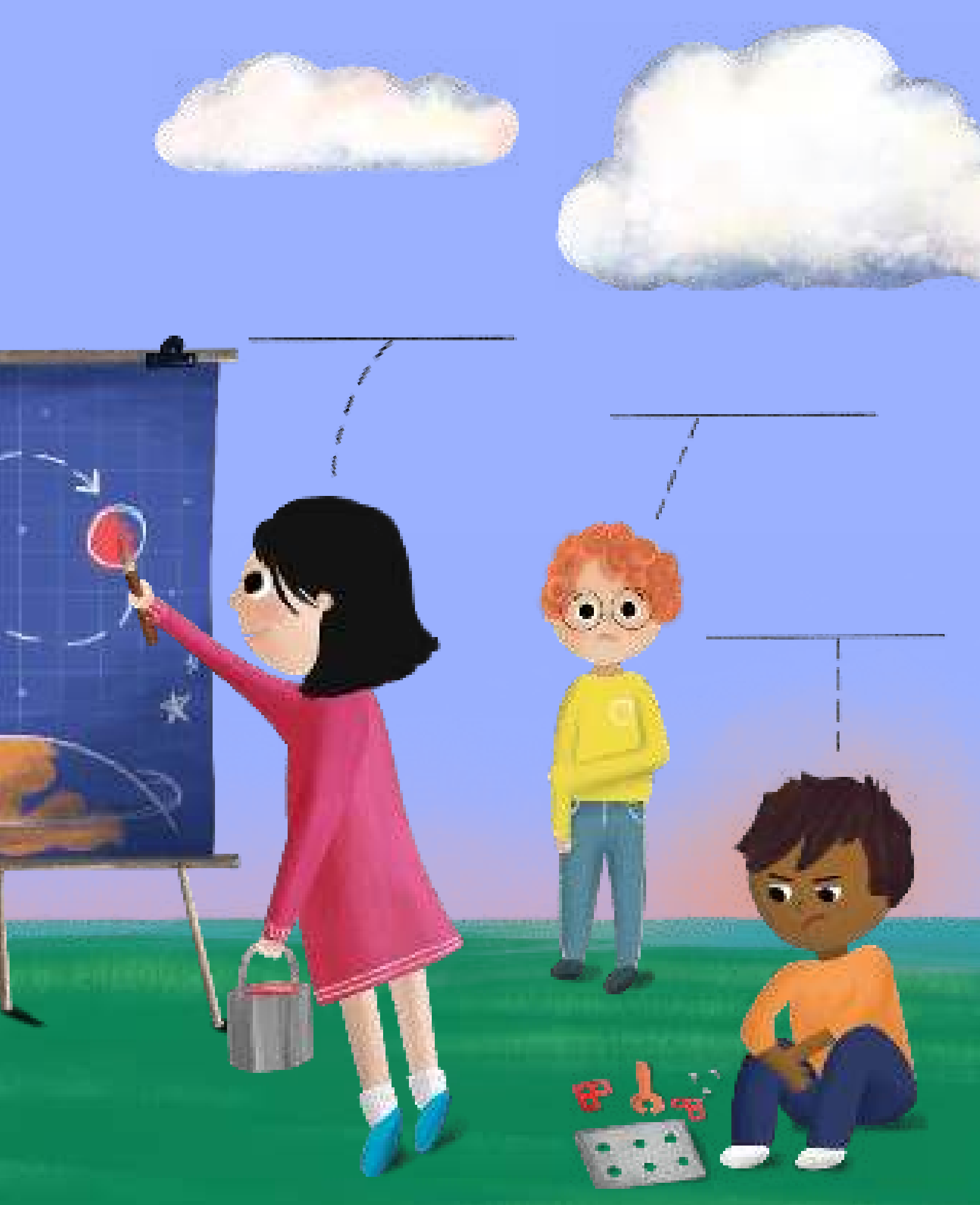


Draw the face you are feeling right now.



HOW DO YOU
THINK EACH CHILD
IS FEELING?







EVERYONE GETS
STRONG FEELINGS
SOMETIMES.

STRONG FEELINGS
COME AND GO.

THEY GET
BIGGER.

THEY GET SMALLER.

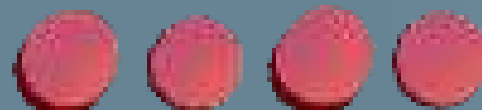


IT IS **OK** TO HAVE
STRONG FEELINGS.



WHERE DO WE FEEL OUR FEELINGS?

Our feelings show in more than just our faces. Our bodies show us what we're feeling, too. Let's learn about some of the feelings we may feel.



HAPPY

Draw or write about a
time you felt happy.

When I am happy, this is what I think:

**HOW
HAPPY**

DID YOU
FEEL?

VERY

A LOT

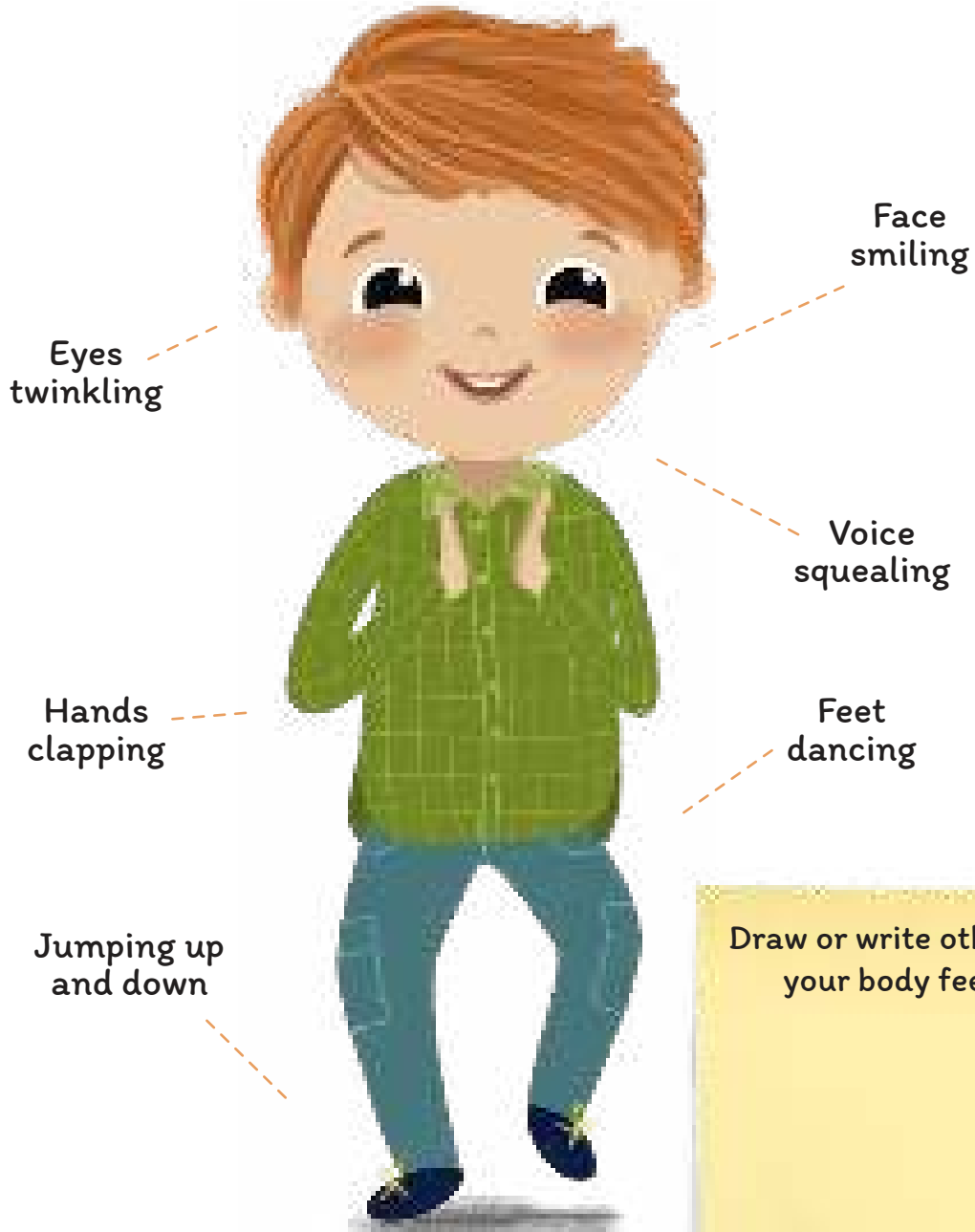
MEDIUM

A LITTLE

NOT AT
ALL

THESE ARE SOME OF THE WAYS A BODY FEELS HAPPY.

Circle the ways that your body feels happy.



Draw or write other ways that
your body feels happy.

SAD

Draw or write about a
time you felt sad.

When I am sad, this is what I think:

**HOW
SAD**
DID YOU
FEEL?

VERY

A LOT

MEDIUM

A LITTLE

NOT AT
ALL

THESE ARE SOME OF THE WAYS A BODY FEELS SAD.

Circle the ways that your body feels sad.



Draw or write other ways that
your body feels sad.

ANGRY

Draw or write about a
time you felt angry.

When I am angry, this is what I think:

**HOW
ANGRY**

DID YOU
FEEL?

VERY

A LOT

MEDIUM

A LITTLE

NOT AT
ALL

THESE ARE SOME OF THE WAYS A BODY FEELS ANGRY.

Circle the ways that your body feels angry.

Squinty eyes

Nostrils
flaring

Heart racing

Clenched
fists

Stomping feet

Red face

Body
temperature
rising

Chest
feels
tight

Draw or write other ways that
your body feels angry.

WORRIED

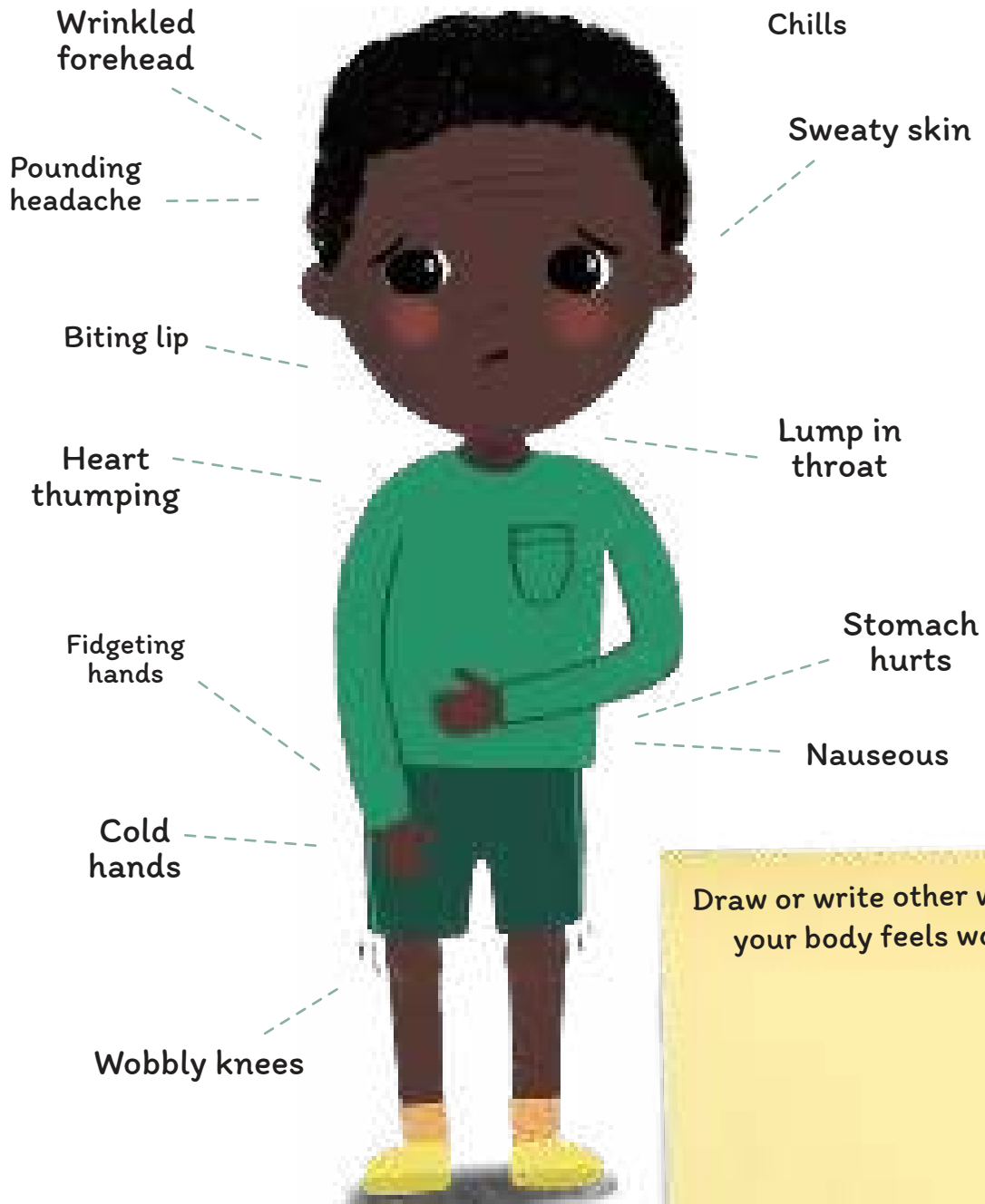
Draw or write about a time you felt worried.

When I am worried, this is what I think:



THESE ARE SOME OF THE WAYS A BODY FEELS WORRIED.

Circle the ways that your body feels worried.



Draw or write other ways that
your body feels worried.

FRUSTRATED

Draw or write about a time you felt frustrated.

When I am frustrated, this is what I think:

HOW
FRUSTRATED
DID YOU
FEEL?

VERY

A LOT

MEDIUM

A LITTLE

NOT AT
ALL

THESE ARE SOME OF THE WAYS A BODY FEELS FRUSTRATED.

Circle the ways that your body feels frustrated.



Draw or write other ways that your body feels frustrated.

EXCITED!

Draw or write about a time you felt excited.

When I am excited, this is what I think:

**HOW
EXCITED**
DID YOU
FEEL?

VERY

A LOT

MEDIUM

A LITTLE

NOT AT
ALL

THESE ARE SOME OF THE WAYS A BODY FEELS EXCITED.

Circle the ways that your body feels excited.



Draw or write other ways that
your body feels excited.

CALM

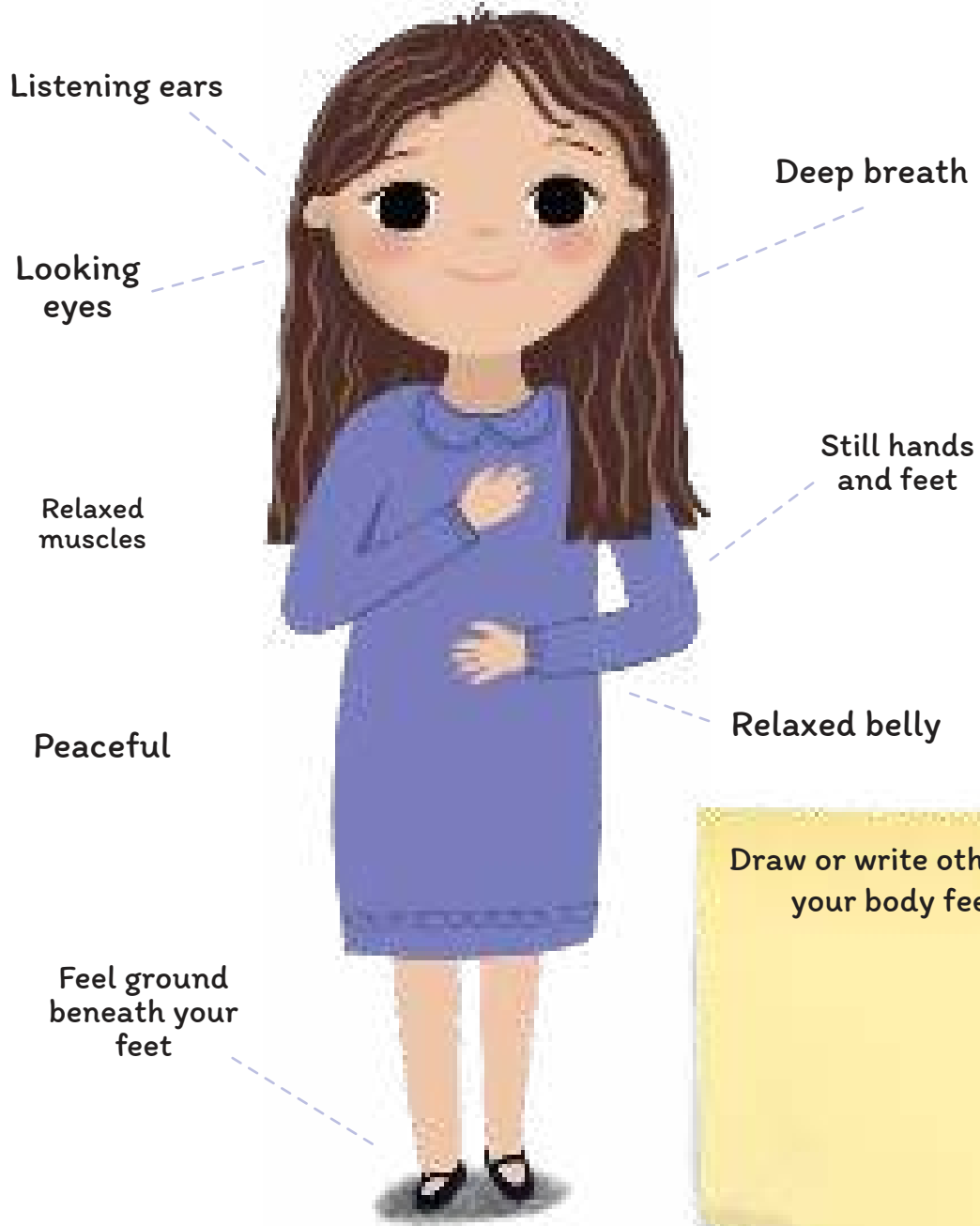
Draw or write about a time you felt calm.

When I am calm, this is what I think:



THESE ARE SOME OF THE WAYS A BODY FEELS CALM.

Circle the ways that your body feels calm.



Draw or write other ways that
your body feels calm.

SOMETIMES, YOU CAN FEEL MORE THAN ONE FEELING AT THE SAME TIME.

GOING ON AN AIRPLANE



GOING TO YOUR FIRST SLEEPOVER



PERFORMING ON STAGE



STARTING TO SLEEP IN
YOUR OWN ROOM



SHARING
TOYS WITH
A FRIEND

HOW DO YOU
THINK YOU
WOULD FEEL IN
EACH OF THESE
SITUATIONS?

Write or draw about a time you
felt more than one feeling.

CAN YOU TELL HOW I FEEL?

Connect a line from the feeling to the body reaction.

HAPPY

SAD

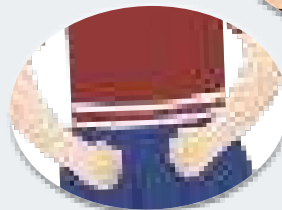
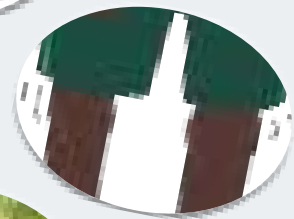
ANGRY

WORRIED

FRUSTRATED

EXCITED

CALM



IF WE WANT TO **FEEL BETTER**, THERE ARE MANY THINGS WE CAN DO TO HELP OURSELVES.

INNER SPACE
POWER PACK

I CAN
CONNECT

I CAN
CREATE

I CAN
MOVE

I CAN
ENTERTAIN
MYSELF

I CAN
GIVE

I CAN
USE MY
SENSES

I CAN
FIND
QUIET
TIME

I CAN
SAY TO
MYSELF

I CAN
CONNECT

TALK WITH MY MOM OR DAD

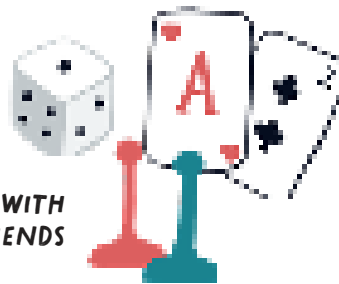


SEND A TEXT
OR EMAIL

TALK ON
THE PHONE



PLAY WITH
FRIENDS



Draw or write the ways that you like to connect.

WHAT ELSE
CAN YOU DO?

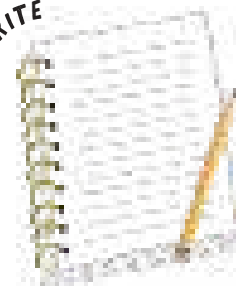
I CAN CREATE

COLOR



DOODLE

WRITE



BAKE



PLAY A MUSICAL
INSTRUMENT

CRAFT



Draw or write the ways that you like to create.

WHAT ELSE
CAN YOU DO?

I CAN
MOVE

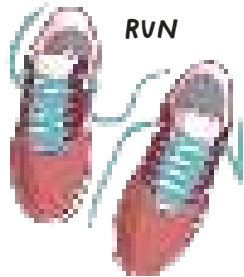
GO FOR A WALK



PLAY BALL



RUN



RIDE MY BIKE



STRETCH
MY BODY



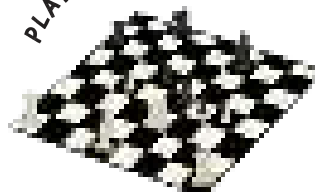
Draw or write the ways that you like to move.

WHAT ELSE
CAN YOU DO?

I CAN
ENTERTAIN
MYSELF



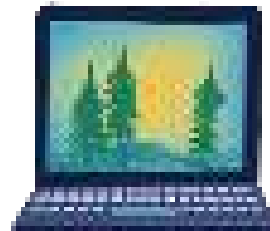
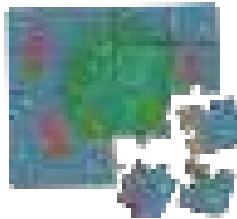
PLAY A BOARD GAME



PLAY A
VIDEO GAME



SPEND TIME ON A HOBBY



WATCH A SHOW

Draw or write the ways that you like to entertain yourself.

WHAT ELSE
CAN YOU DO?

I CAN GIVE

HELP MY PARENTS



MAKE SOMEONE A CARD



PLAY WITH MY YOUNGER SIBLINGS



DO SOMETHING NICE FOR A FRIEND



VISIT OR CALL SOMEONE WHO IS SICK

FEED MY PET



Draw or write the ways that you like to give.

WHAT ELSE CAN YOU DO?

I CAN USE MY SENSES

SNUGGLE SOMETHING SOFT



LISTEN TO THE RAIN



DRINK SOMETHING WARM



COUNT THE COLORS IN MY ROOM



TAKE A BATH

TOUCH SOMETHING COLD



EAT A CRUNCHY SNACK

Draw or write the ways that you like to use your senses.

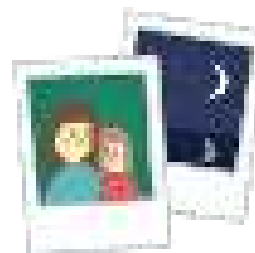
WHAT ELSE CAN YOU DO?

I CAN FIND
QUIET TIME



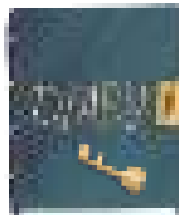
READ A BOOK

WATER MY PLANTS



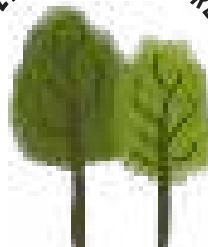
LOOK AT PHOTOS

SIT IN MY QUIET SPACE



WRITE IN MY
DIARY OR JOURNAL

LISTEN TO NATURE SOUNDS



TAKE A DEEP
BREATH

Draw or write the ways that you like to find quiet time.

WHAT ELSE
CAN YOU DO?

I CAN SAY
TO MYSELF

I'M
OKAY.

THIS IS HARD
BUT I AM
STRONG.

YES I
CAN!

I CAN ASK
FOR HELP.

NOTHING IS
PERMANENT.
THIS WILL PASS.

Draw or write the things that you like to say to yourself.

WHAT ELSE
CAN YOU DO?

I CAN SHARE MY FEELINGS

Write or draw with whom you can share your feelings.

AT
HOME:



OTHER
PLACES:

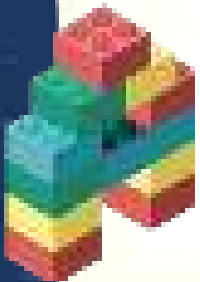


AT SCHOOL:



I AM THANKFUL FOR...

Write or draw about a person, place or thing you are thankful for.

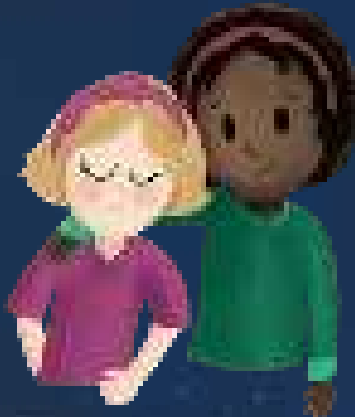


What is one thing that happened today that you are grateful for?



★ HOW I HELP OTHERS

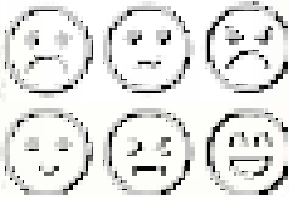
There are many ways you can use your talents to help others in your family, school and community.
Write or draw how you can help. ★



HOW DO I FEEL TODAY?

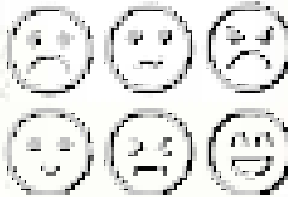
SUNDAY

Today, I am feeling...



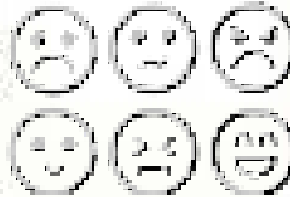
MONDAY

Today, I am feeling...



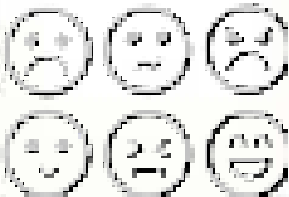
TUESDAY

Today, I am feeling...



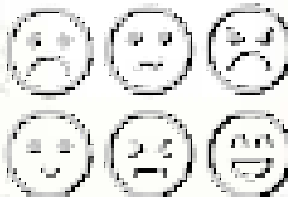
WEDNESDAY

Today, I am feeling...



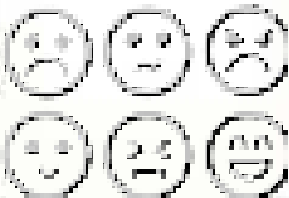
THURSDAY

Today, I am feeling...



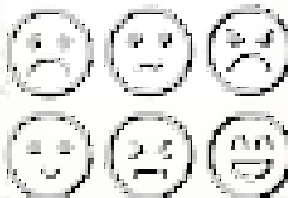
FRIDAY

Today, I am feeling...



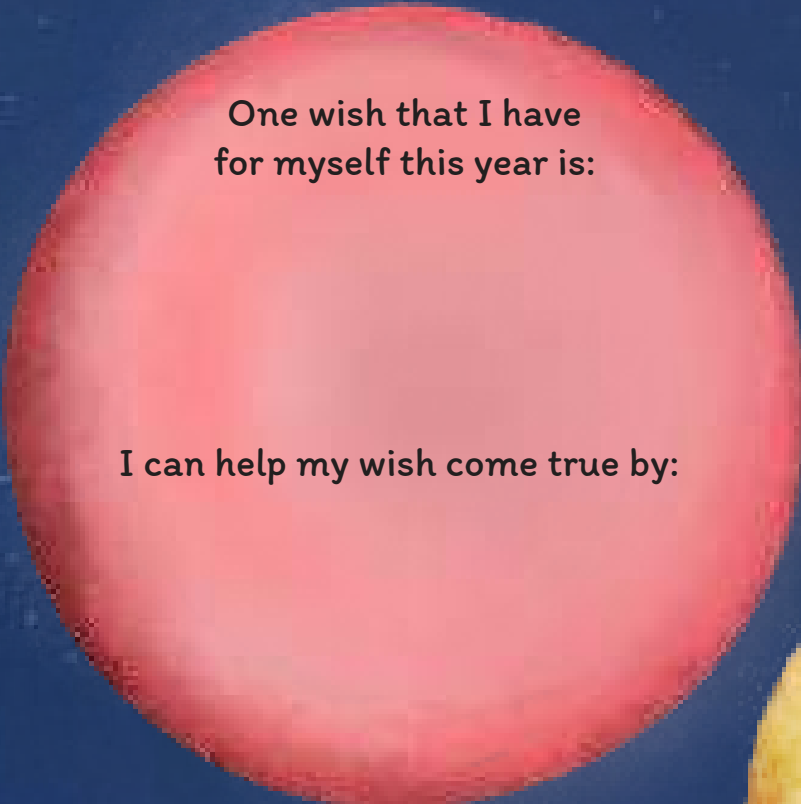
SATURDAY

Today, I am feeling...



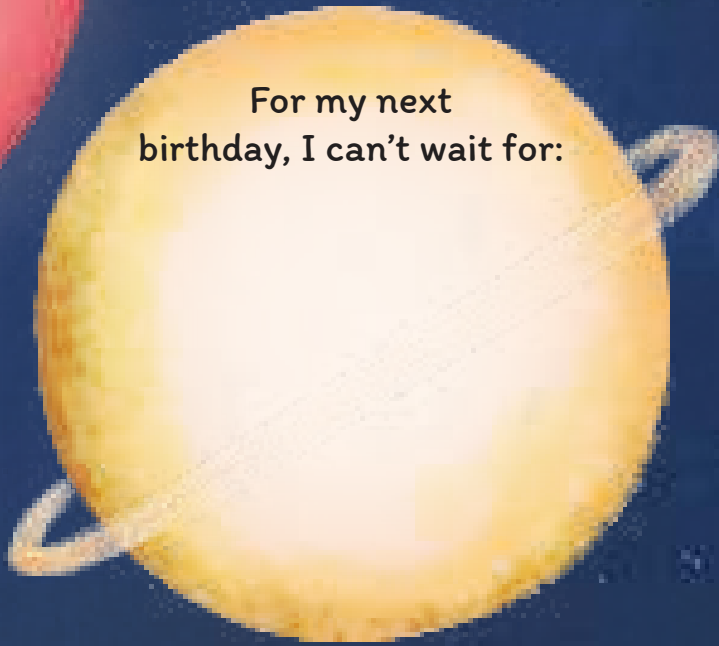
LOOKING FORWARD






One wish that I have
for myself this year is:


I can help my wish come true by:



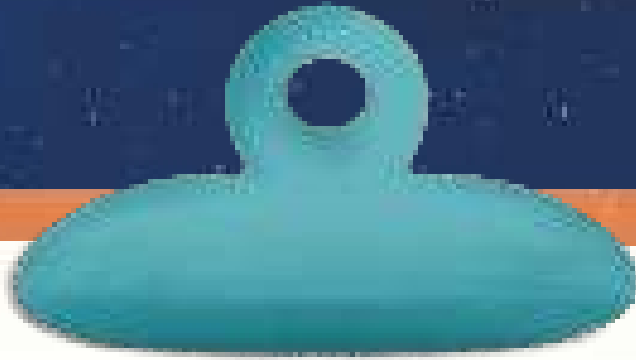
For my next
birthday, I can't wait for:



One place I really
want to visit is:

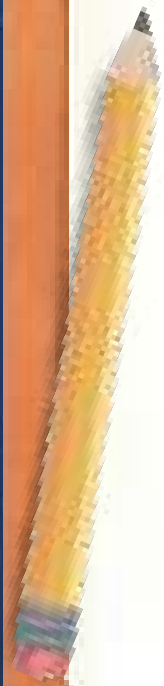


When I am grown
up, I hope that:



PACKING UP

As you journey through life, you might encounter some challenges along the way, but don't worry—with your superpower of resilience, you'll be able to face them head-on and explore the universe like a true space explorer!



What are two things you learned from this book that could help you on this journey?

What are two things you learned from this book that could help you on this journey?	

What **POWER PACK** tools can you take along, to help when things get hard?

**I CAN
CONNECT**

**I CAN
CREATE**

**I CAN
MOVE**

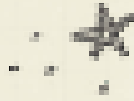
**I CAN
ENTERTAIN
MYSELF**

**I CAN
GIVE**

**I CAN
USE MY
SENSES**

**I CAN
FIND
QUIET
TIME**

**I CAN
SAY TO
MYSELF**



This workbook will take you on a journey
through a galaxy of emotions!
Are you ready to blast off on a mission that
will teach you about resilience and help you
become a more confident space explorer?



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