



Family Resources Inventory

The table below lists many different types of resources you can draw on to help you and your family during the Covid-19 crisis and beyond. Some are very concrete; others are less tangible but just as important. Work your way down the list writing down everything you can think of under each item. Make a note of anything you could re-purpose to be used in a different way or in a different context. If there are some resources you don't have that would really make a difference, think about how you could use what you've already got to help you gather those missing resources.

Type of resource	What we already have available of this type of resource – acknowledge and value this	How we could re-purpose or use in different ways or contexts	Is there anything important missing in this category?	Ideas, plans, for further research, etc
Supportive relationships – inside and outside the family, personal and professional, groups and communities				
Inspiring people (real or fictional) who you can use as encouragement and role models				
Values, beliefs, hopes, dreams, faith, religious practices and spirituality, wellbeing and self-care practices				



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Psychological resources – what are each person’s strengths?				
Personality traits, characteristics that serve us well. Don’t forget a sense of humour!				
Experiences of surviving and learning through previous challenges of any kind, big or small				
Imagination – yours and everyone else’s				
Skills and talents – yours and everyone else’s – and knowledge or expertise on anything at all				
Likes and preferences, hobbies and interests – yours and everyone else’s				
Habits and routines – what we do well as a family				



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Our brains – our ability to think, reason, reflect, learn and adapt – always room to improve and grow!				
Time				
Music, art, reading, theatre, creativity in its broadest sense – being creative or enjoying the creativity of others				
Our physical bodies – so basic we tend to forget them – think about all the ways your body serves you as best it can.				
Spaces (indoors and outdoors), eg, rooms, garden, cupboards, nooks and crannies				
Furniture, moveable or static, soft furnishings				
Tools and equipment – household, kitchen, garden, craft, DIY, sports and leisure				



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Materials, eg, food, ingredients, plants, natural materials (soil, sand, plants), junk,				
Other objects, toys, gadgets,				
Electronic devices				
Internet - games, connection, information. learning				
Educational resources – physical and virtual				
Anything else?				