

HeadStart Kent - Resilience Self-Reflection

Emotions & Behaviours

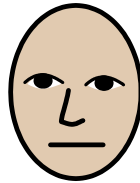
(Having the skills to manage your emotions & behaviours as well as feeling positive about the future).



Name: _____



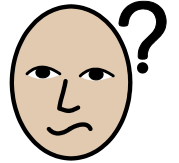
Usually



Sometimes



Rarely



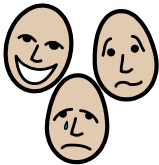
Not Sure



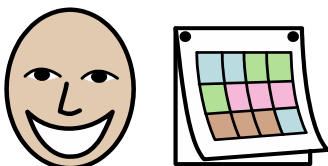
I feel good about myself



My parent/carer expects me to take responsibility for my actions




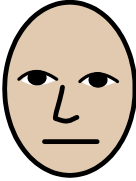

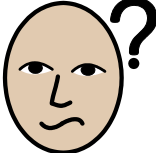
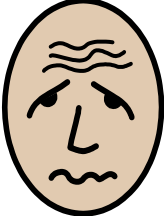

I express my emotions in a safe way, so I stay safe, others stay safe and things stay safe



I am looking forward to the next few years

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	 Usually	 Sometimes	 Rarely	 Not Sure
 I know what to do about my worries and anxieties				
 I know how to deal with things I see on the internet and how they make me feel				