
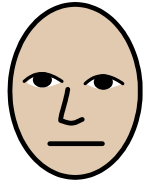

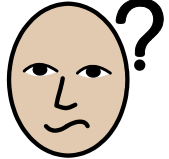


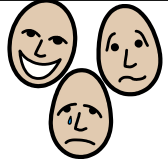


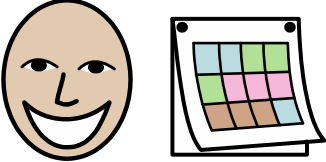
# HeadStart Kent - Resilience Self-Reflection

## Emotions & Behaviours

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


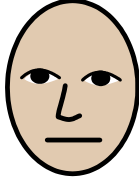

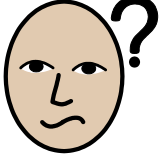
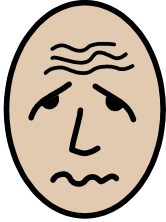

 Name:
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	 <b>Usually</b>	 Sometimes	 <b>Rarely</b>	 <b>Not Sure</b>
 I feel good about myself				
 My parent/carer expects me to take responsibility for my actions				
 I express my emotions in a safe way, so I stay safe, others stay safe and things stay safe				

 <p>I am looking forward to the next few years</p>				
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# HeadStart Kent - Resilience Self-Reflection

## Emotions & Behaviours

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