

Resilience Self-Reflection Health



(Your health and wellbeing and those around you).

Name: _____



Usually



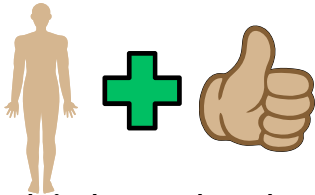
Sometimes



Rarely



Not sure



I think my body
is healthy



I think my thoughts
and feelings are
healthy



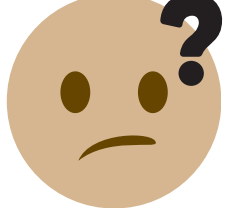
My family are
happy and healthy



My family look
after each other to
keep healthy

Resilience Self-Reflection Health



	 Usually	 Sometimes	 Rarely	 Not sure
 I know where to go if I am worried about my health				
 I know where to go if I am worried about others				

Resilience Self-Reflection

Friendships



(The importance of having friends, positive peers,
and being a good friend).

Name: _____



Usually



Sometimes



Rarely



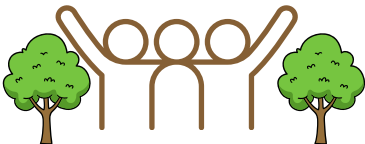
Not sure



I have at least
one good friend
who I trust



My parent/carer
likes my friends



I have friends
outside of school



I have somewhere
to be with my
friends

Resilience Self-Reflection

Friendships



Usually



Sometimes



Rarely



Not sure



I show respect to
my friends



I treat my friends
online as I would
face to face

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

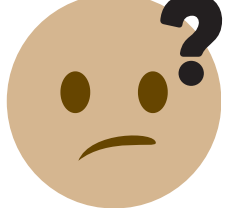


I am looking forward to the next few years

Resilience Self-Reflection

Emotions & Behaviours



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

Resilience Self-Reflection

Feeling Secure



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

Name: _____



Usually



Sometimes



Rarely



Not sure



I have someone I trust



I get on with my parent/carer



I have someone outside of my family to talk with



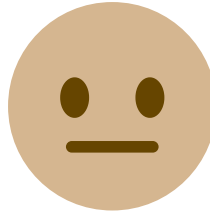
I feel safe outside of my home

Resilience Self-Reflection

Feeling Secure



Usually



Sometimes



Rarely



Not sure



I feel safe inside
my home



I use the internet
safely



I feel that I can keep
myself safe



I think people
around me feel safe

Resilience Self-Reflection Education



(Your learning, trying new things, and the support from others to help with these).

Name: _____



Usually



Sometimes



Rarely



Not sure



There are subjects
that I enjoy



I have someone at
home who helps me
get to school



I have someone who
helps with my school
work if i need it



I have somewhere I
can do my school
work at home

Resilience Self-Reflection Education



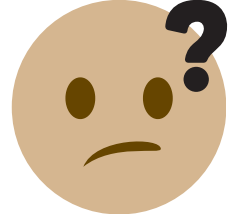
Usually



Sometimes



Rarely



Not sure



I support my peers
when they need it



I can get to websites
that support my
learning



I have someone
at school that
understands my
health and feelings

Resilience Self-Reflection

Talents & Interests



(Being able to access activities you enjoy, are good at, or want to do).

Name: _____



Usually



Sometimes



Rarely



Not sure



I have an activity I
enjoy doing



I do activities with
my family



I have someone who
helps me to do an
activity

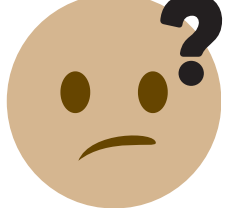


I would like to start
a new hobby or go
to a new club

Resilience Self-Reflection

Talents & Interests



	 Usually	 Sometimes	 Rarely	 Not sure
 I am open to trying new things				
I use the internet to find out about new opportunities in my area 				