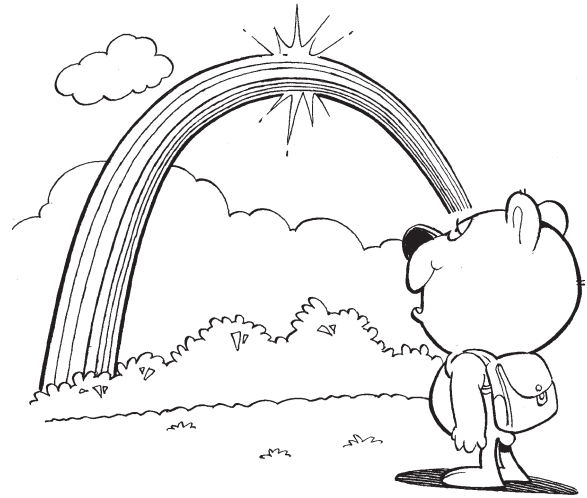




# Resilience skills to practise

Using helpful thinking and positive self-talk; responding appropriately to 'uncomfortable' emotions; and knowing how to protect and defend themselves from bullying are skills that will help your child to become more resilient.

Your child completed this activity in class and used the results to decide on a skill to practise. Talk about each skill with your child and help them practise the skill.



	Very like me	A bit like me	Not like me
<b>Helpful thinking</b>			
When I make a mistake I look at ways to avoid making it again and I don't always blame myself.			
I look for good things in unhappy and bad situations.			
I accept that unhappy and bad things happen to everyone.			
If something bad happens once I don't expect that it will happen again.			
When things go wrong for me I try to work out why the problem has happened.			
If I have a problem or feel unhappy I usually talk to someone about it.			
<b>Total</b>			
<b>Positive self-talk</b>			
I try to look for the good things in myself and not focus on my challenges.			
I try to look for the good things in other people and not focus on their challenges.			
I mostly talk about good things that have happened and not the bad things.			
When bad things happen to me I usually think they will get better soon.			
I know that I can make my own luck by trying hard and being positive.			
<b>Total</b>			