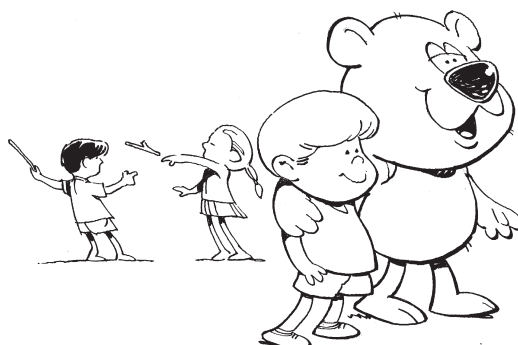




Resilience skills to practise

	Very like me	A bit like me	Not like me
Dealing with 'uncomfortable' feelings like feeling angry, sad or worried			
I know that everyone has 'uncomfortable' feelings at some time.			
When I feel angry with someone I often tell the other person why I am feeling this way.			
I have things I do when I feel angry to calm me down like slowly counting to five or being alone for a few minutes.			
Total			
Positive self-talk			
I can start a conversation with someone I don't know very well.			
I can start a game and ask others to join in.			
I am a good loser.			
I can stay calm even when I feel angry.			
I can stay calm even when I feel nervous.			
I share my ideas and feelings with other kids.			
I am a good listener.			
I tell interesting stories.			
I can tell someone in a firm voice that I don't like what they are doing when they are doing something mean to me.			
Total			

Children are always watching and will copy what we do. Be a positive role model. Use these skills and show your child how to be resilient.



Thank you for playing a vital role in your child's resilience and wellbeing education.