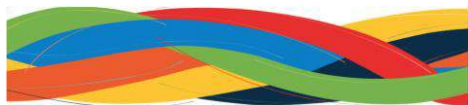




Aim: Get to know your own strengths by building your own 'resilience rope'.

- Use these categories and statements to help you identify your strengths. Think about them on your own or share with friend(s).
- You will use these in building your resilience rope.



Character

I am honest and trustworthy
I am caring and kind
I am helpful at home
I am sensitive to the needs of others
I am loyal
I am resilient and keep working on difficult tasks
I can work or play on my own
I can work or play with others
I am eager
I am curious

Language

I use words to express what I need and want
I like talking to people
I take part in discussions at home, at school and with friends
I can tell stories that have a clear beginning, middle and end
I like learning new words
I like to listen to stories
I can answer "who" "what" "when" "where" "Why" and "how" questions
I understand jokes, puns and sarcasm

Study Skills

I can set goals and plan ahead
I can get started and stay focused on tasks
I'm a flexible thinker- I can think about something in more than one way
I can organise my thoughts as well as physical items
I can follow rules and routines
I can keep track of time and the things I need to do
I can recognise and try to control "big feelings"
I can pause to think through decisions or choices
I can ask for help and learn from mistakes
I believe my skills can improve with effort

Social

I can share and compromise
I am a good listener and try not to interrupt too much
I put effort into making friends and keeping them
I accept differences in others
I can ask for help when needed and have ways of coping when frustrated
I know when it's OK to follow the crowd and when to resist peer pressure
I accept personal responsibility for my actions
I tell the truth and can apologise when I need to
I have a good sense of humour

Maths & logic

I can do some maths in my head
I can use math skills in everyday life
I understand math vocabulary
I can solve puzzles
I like playing games that involve strategy
I like taking things apart and figuring out how they work

Reading

There are things that I enjoy reading
I can read with expression
I can make predictions based on what's happened so far
I can remember details and retell stories
I can make connections between what I read and my own experiences
I have a good imagination

Talents

I am creative
I like drawing and doodling
I can dance, act, sing or play a musical instrument
I can swim or play sports
I like problem solving
I like doing things in the community
I like to practice yoga, mindfulness or meditations
I am gentle with animals