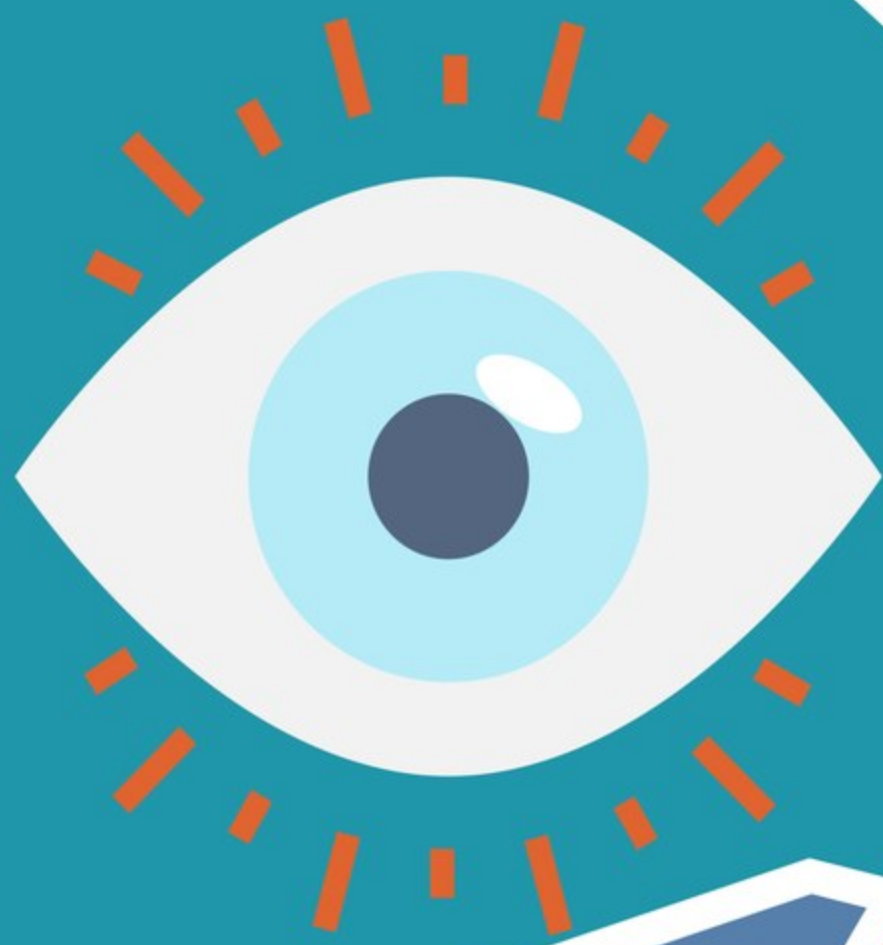


RESILIENCE

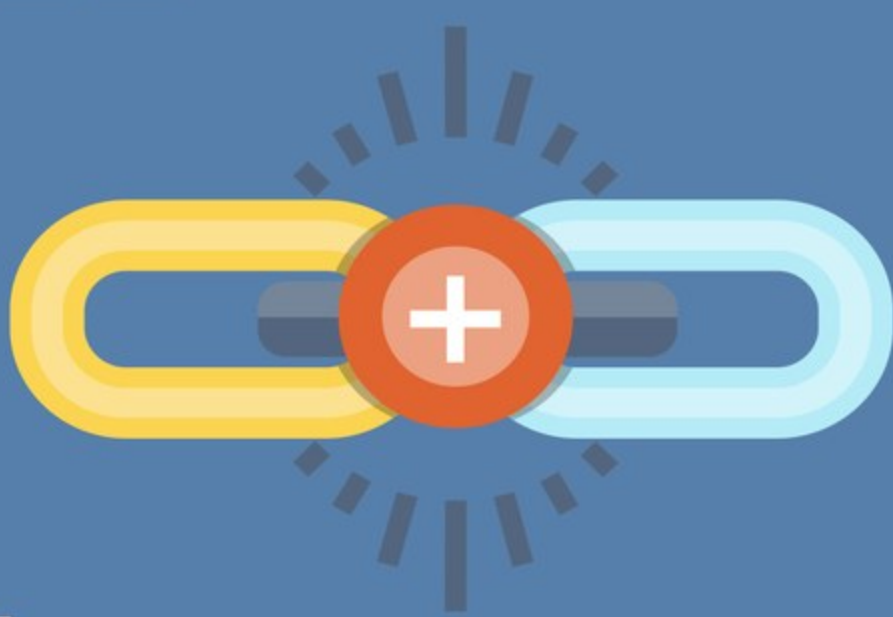
GOAL SETTING
with realistic
expectations



Ability to
recognise their
own **EMOTIONS**
and that of
others



CONNECTED
to their
school &
community



Problem
SOLVING
skills



SOCIAL SKILLS and
ability to seek
assistance from
others



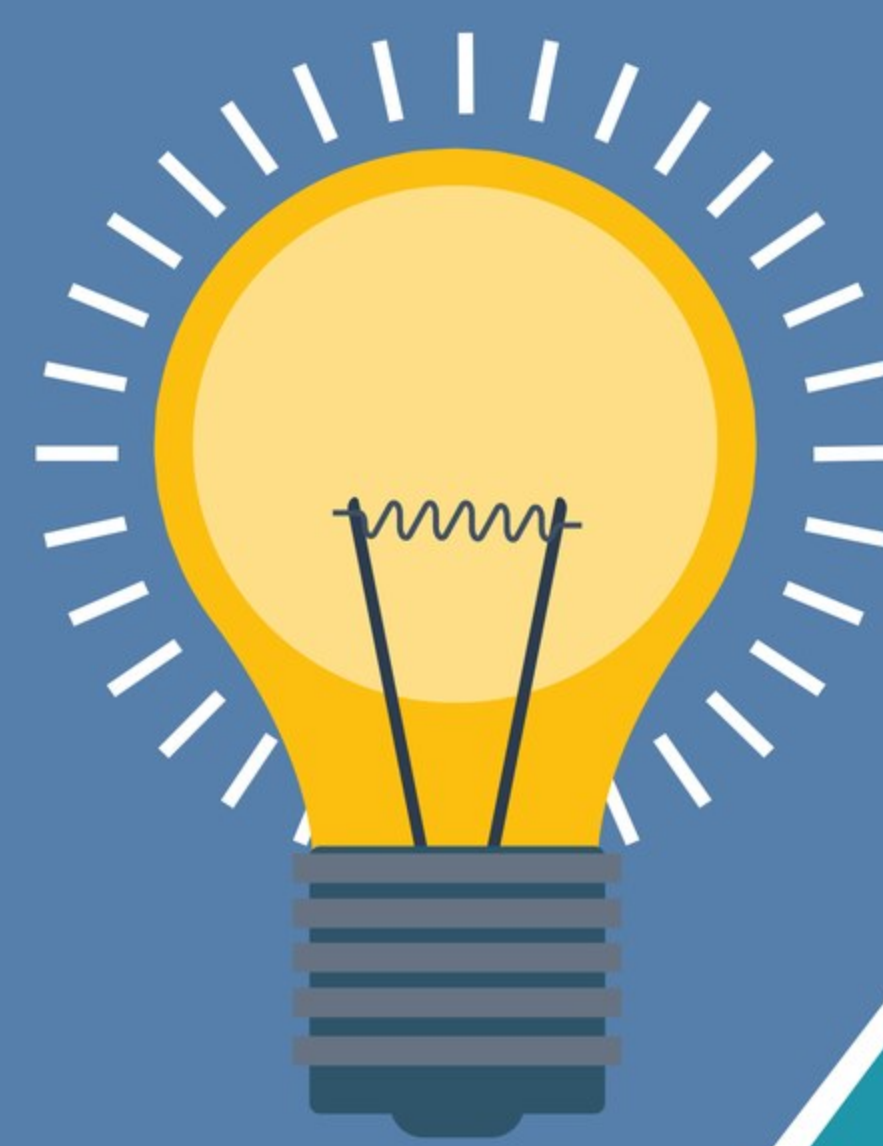
OPTIMISTIC
thinking patterns



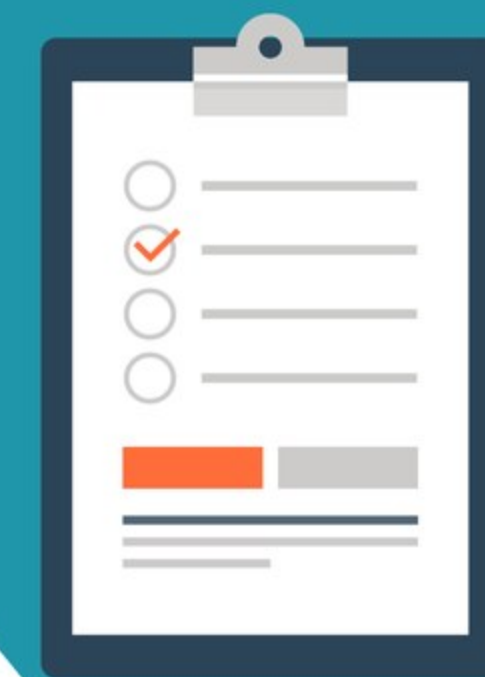
SELF ESTEEM



LEARNING from
their **MISTAKES**



Understanding
and **ACCEPTANCE**
of their own
strengths and
weaknesses



**SELF
CONTROL**



COPING STRATEGY

When i'm stress i will 1) Talk
about it and write it out 2) go
for a walk 3) Play a video
game/ do crafts etc.



WILLINGNESS
to overcome
difficulties rather
than **AVOID**
PROBLEMS

