

## Example of baseline resilience assessment (Year 5 onwards)

‘I can be changed by what has happened to me but I refuse to be reduced by it.’  
**Maya Angelou**

Strongly agree–strongly disagree	
When given a new task, I'm confident that I'll succeed.	
I get easily upset when I do not succeed and give up quickly.	
When one attempt fails, I learn from it and change my approach next time.	
When a task doesn't go to plan, it affects my self-belief.	
I have friends or teachers I can speak to when I find things difficult.	
When I encounter a difficulty, I tend to get frustrated easily.	
Sometimes I question my ability and compare myself to other people.	
I have strategies in place for dealing with stress.	
I find it easy to ask for help.	
I feel positive about the future.	
I worry about issues that I have no control over.	
Asking for assistance reveals weakness.	
When there is fundamental change, I struggle to adjust and settle.	
I have strong goals and aims for the future.	
I am able to discuss problems or worries with family members and close friends.	

I am more likely to say 'yes' than 'no'.	
Failures are hard to forget and successes are hard to remember.	
I get involved with school life.	
I enjoy school.	
I have a passion or strong interest in something.	
I am involved in clubs, organisations and groups outside school.	
I regularly read or find out more about things that interest me.	
I regularly do more that is asked of me.	
I am interested in the world around me beyond my home and school.	
I often say negative things to myself when I mess up.	

Resilience quiz for staff:

[How Resilient Are You? from MindTools.com](#)