Smart Moves

Next steps

Emotional resilience for transition to secondary school

Name

Contents

Resilience Quiz

BELONGING
How much support do you feel you have from other people in your life?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

BASICS
How good do you feel with everyday life?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

COPING
How would you rate your ability to accept yourself for who you really are?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

CORE SELF
How good are you at communicating and interacting with others in times of stress?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

LEARNING
How good are you at facing challenging problems in life and making a plan to solve them?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

What makes me me?

Write or draw here all the things that make you 'you'!

- interests
- important people
- hobbies
- things I love
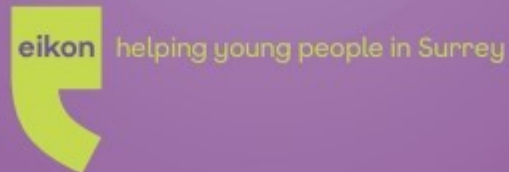- what I feel passionately about
- strengths

eikon helping young people in Surrey