

# Smart Moves

Next steps

Emotional resilience for  
transition to secondary school



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# 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

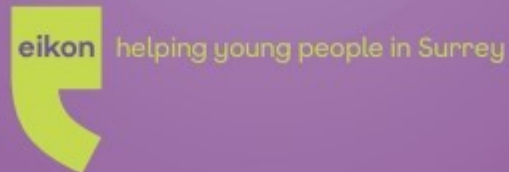


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