

RISE

Resilience in Schools and Education

	1 Never	2 Sometimes	3 Often	4 Always
	1	2	3	4
1 – I can think of something I am really good at	1	2	3	4
2 – I feel that I can do lots of things well	1	2	3	4
3 – I have done things that I am proud of	1	2	3	4
4 – I like to help others	1	2	3	4
5 – People say that I am kind	1	2	3	4
6 – I like to make other people smile	1	2	3	4
7 – Making mistakes is a good way to learn	1	2	3	4
8 – Trying hard helps me to get better at things	1	2	3	4
9 – Even if something is difficult, I can get better at it	1	2	3	4
10 – I have at least one good friend	1	2	3	4
11 – There is an adult that I trust and can rely on	1	2	3	4
12 – There are lots of people who like me	1	2	3	4
13 – I am happy to be me	1	2	3	4
14 – Good things happen to me	1	2	3	4
15 – I have lots of happy memories	1	2	3	4
16 – I recognise when I feel upset, angry or worried	1	2	3	4
17 – When I have a problem, I can solve it myself	1	2	3	4
18 – When I feel upset, angry or worried, I can calm myself down	1	2	3	4
19 – I get to make choices in my life	1	2	3	4
20 – I understand that my behaviours have consequences	1	2	3	4
21 – Other people are fair with me	1	2	3	4
22 – I can think of fun things to do when I am bored	1	2	3	4
23 – I have fun with my friends and family	1	2	3	4
24 – I laugh lots	1	2	3	4

