

# 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 can think of something I have done that makes me feel proud	1	2	3	4
4 – I like to help people	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 tricky, I can get better at it	1	2	3	4
10 – I have a good friend	1	2	3	4
11 – There is an adult that I trust and can rely on	1	2	3	4
12 – People are nice to me	1	2	3	4
13 – I like being me	1	2	3	4
14 – Good things happen to me	1	2	3	4
15 – I can remember lots of happy times	1	2	3	4
16 – I can say when I feel sad or angry	1	2	3	4
17 – When something goes wrong I know how to fix it	1	2	3	4
18 – When I feel upset, I know what to do to help myself feel better	1	2	3	4
19 – I know what the rules are at home	1	2	3	4
20 – The rules at school stay the same	1	2	3	4
21 – Grown-ups treat me fairly	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

