

Class:

Name:

Parent/Carer Teacher

RISE

Resilience in Schools and Education

Please circle the response that best describes the extent the child feels the following ways.

	1 Never	2 Sometimes	3 Often	4 Always
	1	2	3	4
1 – They feel that they are good at lots of things	1	2	3	4
2 – They feel that they get better at new things quickly	1	2	3	4
3 – They feel proud of the things they can do	1	2	3	4
4 – They like to help others	1	2	3	4
5 – They are told that they are kind	1	2	3	4
6 – They enjoy making others smile	1	2	3	4
7 – They are happy to make and learn from mistakes	1	2	3	4
8 – They try hard to get better at things	1	2	3	4
9 – Finding something difficult does not upset them	1	2	3	4
10 – They have at least one good friend	1	2	3	4
11 – They trust adults and seek support when upset	1	2	3	4
12 – They are well liked by their peers	1	2	3	4
13 – They are confident around their peers	1	2	3	4
14 – They expect good things to happen to them	1	2	3	4
15 – They can retell some happy memories	1	2	3	4
16 – They recognise when feeling upset or angry	1	2	3	4
17 – They will try to solve problems by themselves	1	2	3	4
18 – When they feel upset or angry, they can calm themselves down	1	2	3	4
19 – They get to make choices in their life	1	2	3	4
20 – They understand that their behaviours have consequences	1	2	3	4
21 – They think they are treated fairly	1	2	3	4
22 – They can think of fun things to do	1	2	3	4
23 – They have fun with their friends and family	1	2	3	4
24 – They laugh lots	1	2	3	4

