

RESILIENT ME

Every time we go through changes, we get new skills which help us in the future. Just like a superhero getting their superpowers! We call this becoming 'resilient'. Our superpowers help us to bounce back when we've found things to be hard.

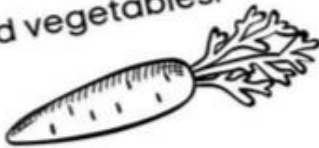


What are your superpowers? Circle the ones that you have.

I can calm down.



I eat fruit and vegetables.



I have friends.



I sleep well.



I can solve problems.



I am brave.



I like school.



I know who I can talk to when I'm sad.



I can have a laugh.



Is there a power that you don't have yet that you would like? Tick this.