Readiness

Resilence

Relationships

- 1. I feel good about myself/I like the person lam.
- 2. I know the differences between right and wrong.
- 3. I can control the way I react to my feelings.
- 4. I know what to do or where to get help during activities.
- 5. I can concentrate on what lam doing.
- 6. I'm a good listener.

- 1. I keep going until I find the answer to a question.
- 2. I like to hear what people say about the things l've done.
- 3. I find other people's advice helpful and useful.
- 4. If I cannot work out how to do something one way, l'Il try a different idea.
- 5. I am prepared to take risks.
- 6. I learn from my mistakes.

- 1. I can work with others, take turns and share Ideas / resources.
- 2. I can respect other people's opinions and not argue.
- 3. I care about other people and how they
- 4. I know when to say SOITY.
- 5. I tell Ithe truth
- 6. I value friendships and know how to be a good friend.

Remembering

- 1. I can remember the important facts and events
- 2. I can learn through talking and doing things.
- 3. I can use what I have learnt.
- 4. I can see links between my ideas and others.
- 5. I can use my memory to understand more difficult things.
- 6. I can explain reasons for my decisions.

Resourcefulness Reflectiveness

- 1. I know how to get help when I need it.
- 2. I can ask different questions.
- 3. I can choose what I need to complete a task.
- 4. I have lots of my own ideas.
- 5. I try to solve problems independently before asking for help.
- 6. I am willing to learn and try new things.

- 1. I feel proud of what I've done.
- 2. I care about how well I'm doing.
- 3. I can develop step-by-step plans.
- 4. I can work with others to achieve something together.
- 5. I can think of ways to improve what I do.
- 6. I know how to help myself learn.