

GOOD TOGETHER[®]

Emotional Resilience

HAVE • AM • CAN

 **I HAVE**

– External Supports



I AM

– inner strengths (who she/he is)



I CAN

– social/interpersonal skills (what she/he can do)

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– External Supports

**I AM**

– inner strengths (who she/he is)

**I CAN**

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Teachers I can trust

A person who can be liked

Talk to others about worries me

Parents or carers I can trust

A person who can be loved

Find someone to help me

People who help

Someone who is good at

Find ways to solve problems that I face

People who can show me what to do

Sure things will be alright

Control myself when I feel like doing something that's not right or dangerous

Friends

Glad to do things for others

Recognise that we are all different

A special place to go to when I am sad

Respectful of myself and others

Do what the adult suggests to me

Routines at home

Cheerful

Ignore others when they are being silly

Good role models

Willing to be responsible for what I do

Walk away

Adults who will listen to me

Able to understand how others feel

Write down what is bothering me

Family who love me and will help me	Sometimes proud of myself	Make a choice about how I react
Things in class that would help me to be organised (give specific examples)	Confident	Be patient and wait my turn
Games at home I can play	Able to control my temper	Tell others when I like what they have done
My own pencil and rubber	Able to talk about my feelings	Share
My football coach who encourages me	Loving	Find something else to do
A hamster I can cuddle	Funny	Think about others' feelings too
A 'take a break' card to use	A good listener	Tell the truth
	I am able to calm myself by ...	Be quiet
	Friendly	Sit still
	Kind	Stay in class
	Sociable	Go to my room at home to calm down
		Watch TV
		Do something nice for somebody else
		Attend school
		Go to bed at an agreed time