

Worksheet for Resilience Lesson Plan 1a

RATING RESILIENCE

Instructions: On the scales below, rate your skills of getting support, managing emotions, and problem solving.

1. Getting support from people in your life in times of stress

1	2	3	4	5	6	7	8	9	10
NEVER			SOMETIMES				OFTEN		

What do you already do to get support from people in your life?

What could you do to improve your skills at getting support?

2. Managing your emotions when dealing with stress/problems

1	2	3	4	5	6	7	8	9	10
NEVER			SOMETIMES				OFTEN		

What actions do you already take to manage your emotions when dealing with stress?
e.g. when you are angry at someone or anxious about an exam, what actions do you take?

What could you do to improve your emotional management skills? e.g. taking a step back and viewing the problem with a clear head.

3. Solving problems in a way that is helpful/beneficial

1	2	3	4	5	6	7	8	9	10
NEVER			SOMETIMES				OFTEN		

How do you normally solve problems you experience online?

What could you do differently that may be more helpful/beneficial in solving problems online?
e.g. asking for support, taking screenshots, having a break from technology until you feel calm.
