



Resiliency Quiz for School-Age Children

Resiliency keeps children going and growing despite difficult times. It keeps youth searching for better solutions to the problems they face. Here is a tool that you can use to help identify strengths. You may wish to complete this reflection independently or with the assistance of an adult.

How are you a “bounce back kid?”

The more times you answer “YES” below, the higher you will bounce back from life’s problems. **Be proud of your YES answers and think about how you can change the NO answers to a YES!**

1. Caring

- _____ I have many people in my life who love me, listen to me, and will always be there for me.
- _____ I know someone who cares about me at school.
- _____ I take good care of myself by eating well, sleeping well, and cleaning myself up.

2. Beliefs

- _____ Many people in my life believe I am responsible and can do well in school.
- _____ People tell me that I am smart and that I do well in school.
- _____ I believe I am smart and tell myself I can do my best.

3. Working With Others

- _____ My friends listen to me and let me choose what we play.
- _____ People listen to me and like my ideas.
- _____ I like to help other people in my school and at home.

4. Helpful Relationships

- _____ I have some hobbies and activities that I enjoy.
- _____ I am part of a team or an after school club that I enjoy.
- _____ I have close friends at my school.

5. Boundaries

- _____ I respect my friends and family and they respect me and allow me to be myself.
- _____ I know the rules at home and the rules at school.
- _____ I stand up for myself and tell others “no” when I need to.

6. Life Skills

- _____ I am a good listener and know how to solve problems with friends.
- _____ I know what it takes to do well in school.
- _____ I know how to set goals and meet them.

J.Boes, 2009. Adapted from Resiliency in Action, Nan Henderson (2007).

Remember:
“What is right with you is more powerful than anything wrong...”

Individual Protective Factors that Facilitate Resiliency:

Put a check mark by each one that is true for you. Circle one that you would like to do better:

- I am able to be a friend to others and make friends easily
- I like to laugh and can make other people laugh
- I can make my own choices
- I understand people very well
- I am able to do things on my own without the help of others
- I believe I will have a great future
- I do well with changes
- I love to learn new things
- I do my work without being told to
- There is one thing (or many things) that I can do really well
- I like myself and I am proud of myself
- I believe in God or a higher power
- I don't give up easily
- I am very creative

