|  |  |  |
| --- | --- | --- |
| **I HAVE** **(External Support)** | **I AM** **(Internal Resources)** | **I CAN** **(Do good Feel Good!)** |
| Parents I trustFamily who Love meTeachers/ Rebbes I trust | Someone who is good at….Likeable by my friendsLoved by my family | Talk to my parentsTalk to my teachers/RebbesShare any of my feelings with trusted adults |
| Good role models I can follow | I am part of Klal Yisroel | Be a good friend to others |
| Friends I can chat toFriends I can play with | I have a Neshoma/ Chelek Eloika | Be kind to others less fortunate than me |
|  A school-system – Menahel/ Head teacher with staff who are responsible for my safety at school | I am able to make good choicesI am responsible for what I do | Play or listen to musicDraw/ Write down if something bothers me |
| Community system – Hatzola/NHS who care for me | I am grateful to…. | Daven to HashemSing to Hashem |
| Good Routines | I am hopeful that… | Behave well & make a Kiddush Hashem |
| Good & Kind People  | I have Bitochon – Trust in Hashem | Do regular exercises … |

בס''ד

Example of Emotional Resilience Sheet

KS2

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| --- | --- | --- |
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