



Resiliency					
1. Do you share with people around you?					
2. Is doing well in school important to you?					
3. Do you know how to act in different places?					
4. Are you treated fairly?					
5. Do you have chances to show others that you are growing up and can do things by yourself?					
6. Do you feel safe when you are with your family/caregiver(s)?					
7. Do you have chances to learn things that you can use when you are older (like cooking and helping others)?					

Everyday Skills					
1. I think before I do something.					
2. I can tell others about a problem.					
3. I listen to other ideas before I do something.					
4. I can tell when two people are trying to say the same thing, but use different words.					
5. I try to understand why someone thinks differently than me.					
6. I make sure I understand what someone else is saying before I answer.					
7. I think about how to reach my goals.					
8. I can use what people tell me (good and bad) to help me reach my goals.					
9. I solve problems by finding what the problem is first.					
10. I do what I did before to solve problems.					
11. I look at a lot of ideas to solve a problem and pick the best one.					
12. Once I have fixed a problem, I think about how my idea worked.					