

RESILIENCE

CHALLENGE: How many questions can you answer!

What do you do when things don't go as planned?

Do you have things that help you stay positive in tricky times?

Tell me about a time you kept trying when it was hard

Do you think that you expect things to be easy?

What is something you learned that was hard, but you stuck with it?

Is there something you are struggling with at the moment?

When you have a problem, how do you plan your next steps?

Is there someone who you think is struggling at the moment?