P 5 Resiliency Assets Descriptions for Pop-ups

**Relationship assets**, including students’ social networks and connections with family, friends and peers, are the most important resiliency assets. Positive relationships with teachers and other staff members may increase students’ ability to thrive, meet goals and deal with challenges.

**Emotional Intelligence assets** help students to identify and regulate their emotions, and to receive feedback in ways that enhance interactions and understanding.

**Adaptation assets** provide opportunities for the application of support strategies to students who are facing personal or school transitions.

**Problem-solving assets** are fostered when students are supported in making decisions and taking action, when they know when and how to ask for help, and when they are encouraged to build and demonstrate reasoning skills.

**Attitudinal assets** involve maintaining a positive disposition and sense of optimism, even in the face of difficult or challenging situations. Having a positive disposition involves seeing adversity as temporary and looking at obstacles as opportunities.