

Resiliency Activity 3:

Assessing Resiliency Asset Practices

Discuss with your colleagues how Resiliency Asset Practices are used in your school.

RELATIONSHIP ASSETS involve practices that provide social support, that build and restore positive relationships, and that demonstrate acts of kindness and caring.

PROFESSIONAL ASSETS practices involve gaining the necessary training or knowledge, consulting with and asking knowledge questions from colleagues and feeling prepared to problem-solve new challenges.

ATTITUDINAL ASSETS involve practices that increase optimism and a positive disposition even in the face of difficult or challenging situations.

EMOTIONAL INTELLIGENCE ASSETS involve practices that enhance the ability to understand and manage emotions, and positively communicate with others.

ADAPTATION ASSETS involve practices that facilitate adjustment to changing situations through positive coping, healthy lifestyle and proactive planning.

Use the table below, or a flip chart, to record areas of strength related to Resiliency Asset Practices as well as potential areas for development.

MY SCHOOL	STRENGTHS	AREAS FOR DEVELOPMENT
RELATIONSHIP ASSETS		
PROFESSIONAL ASSETS		
ATTITUDINAL ASSETS		
EMOTIONAL ASSETS		
ADAPTATION ASSETS		