

Be a super WESTIE through resilience!

Being resilient helps you **stay calm and feel better**.
Stopping yourself from getting angry helps you **keep friends**.

Controlling your behaviour when you are upset helps you **bounce back after disappointment**.

Ways you can be resilient at school:

- When someone treats you unfairly, you stop yourself getting too angry or lashing out
- When you make mistakes, you stop yourself from getting very down and withdrawing
- When you do not understand something, you stop yourself from getting angry or upset
- When you are teased or ignored, you stop yourself from turning a small problem into a big problem
- When you have an important test or speech, you stop yourself from getting extremely worried
- When someone is putting pressure on you to do the wrong thing, you stop yourself from getting extremely worried about what others will think if you say NO

