

R.E.A.L.

Resiliency Strengths Discovery

FOR STUDENTS

Discover the strength and character you bring when things get tough.

R.

Resiliency: bouncing back after a challenge. *Builds emotional resilience.*

E.

Environment: feeling safe and included. *Builds physical resilience.*

A.

Agency: owning your choices and your growth. *Builds mental resilience.*

L.

Leadership: using your character to help others. *Builds a resilient spirit.*

How R.E.A.L. are your strengths? Let's find out.

School days aren't always easy. Sometimes you get a question you don't understand. Sometimes you make a mistake. Sometimes you feel frustrated, nervous, or ready to quit. Being resilient doesn't mean you never struggle. It means you have the tools to handle it and the character to make good choices along the way.

This is not a grade, it's about learning your strengths and how you can grow your resiliency.

There are no right or wrong answers. Just pick the choice that sounds most like you. There are 16 questions, four for each letter, and it takes about 10 minutes. Circle the letter that sounds most like you, then add up each section.

Scoring: A = 1 · B = 2 · C = 3 · D = 4

Every strength matters.

R · Resiliency

Emotional resilience — What do you do when things get hard?

1. When I don't understand something right away, I usually...

- A. Want to give up.
- B. Wait for someone to help me.
- C. Try a different strategy.
- D. Keep working and look for a way to figure it out.

2. When I make a mistake, I usually...

- A. Feel like I'm just bad at it.
- B. Try to forget about it.
- C. Think about what went wrong.
- D. Own it, learn from it and try again.

3. When I feel frustrated or upset, I can...

- A. Have a hard time calming down.
- B. Usually calm down if someone helps me.
- C. Use something that helps me reset.
- D. Name what I'm feeling and choose a strategy that helps.

4. When something doesn't go the way I hoped...

- A. I want to quit.
- B. I need someone to encourage me.
- C. I remind myself that I can try again.
- D. I look for what I can control and decide what to do next.

R · RESILIENCY SCORE (A=1 B=2 C=3 D=4): ____ / 16

E • Environment

Physical resilience — How do you take care of your body and help make your class or home a great place to learn?

5. When someone in my class makes a mistake, I...

- A. Sometimes laugh or make fun of them.
- B. Usually stay out of it.
- C. Try to be respectful.
- D. Help create a place where people feel okay making mistakes.

6. When my body feels tired, wiggly, or tense, I...

- A. Ignore it until it gets hard to focus.
- B. Wait for an adult to notice.
- C. Ask for a break when I need one.
- D. Notice what my body needs and take a break, move, or breathe.

7. When it comes to sleep, food, and moving my body, I...

- A. Don't really think about it.
- B. Do what I'm told.
- C. Try to make healthy choices most days.
- D. Know these help me learn and make healthy choices on my own.

8. I help make my classroom and home a place where people can...

- A. Sometimes feel left out or uncomfortable.
- B. Feel okay most of the time.
- C. Feel respected and included.
- D. Feel safe, respected, included, and encouraged to try.

E • ENVIRONMENT SCORE (A=1 B=2 C=3 D=4): ____ / 16

A • Agency*Mental resilience — How much ownership do you take?***9. When I have a problem, I usually...**

- A. Wait for someone else to fix it.
- B. Ask someone what I should do.
- C. Think about possible solutions.
- D. Try to solve what I can before asking for help.

10. When I have a choice about how to complete something...

- A. I want someone else to decide.
- B. I choose whatever seems easiest.
- C. I think about what might work best.
- D. I make a thoughtful choice and take responsibility for it.

11. When I am not doing as well as I want...

- A. I blame the assignment, teacher, or someone else.
- B. I hope things get better.
- C. I think about what I could change.
- D. I identify a specific action I can take to improve.

12. When I set a goal, I...

- A. Sometimes forget about it.
- B. Need someone to remind me.
- C. Check my progress sometimes.
- D. Track my progress and make adjustments when needed.

A • AGENCY SCORE (A=1 B=2 C=3 D=4): ____ / 16

L • Leadership

Spiritual resilience · purpose, values & hope — How do your choices affect other people?

13. When I am working with a group, I...

- A. Let other people do most of the work.
- B. Do my part when someone reminds me.
- C. Do my part and help the group when I can.
- D. Take responsibility, listen to others, and help the group succeed.

14. When I think about what I'm good at and what I care about, I...

- A. Am not sure what that is yet.
- B. Know a little, but don't think about it much.
- C. Know some things that matter to me.
- D. Know what matters to me and look for ways to use it to help others.

15. When I know something isn't right...

- A. I stay quiet because it's easier.
- B. I wait to see what everyone else does.
- C. I try to make a good choice.
- D. I have the courage to make a responsible choice, even when it isn't popular.

16. People can count on me to...

- A. Do what I want to do.
- B. Do what I'm told.
- C. Usually follow through on my responsibilities.
- D. Follow through, keep my word, and take responsibility.

L • LEADERSHIP SCORE (A=1 B=2 C=3 D=4): ____ / 16

YOUR RESULT

Your R.E.A.L. Strength

Write your four scores below. Your highest score shows the R.E.A.L. strength you lead with. Find the card that matches it. That's you! If two scores tie for highest, you lead with both.

R: _____ / 16

E: _____ / 16

A: _____ / 16

L: _____ / 16

HIGHEST SCORE: R • RESILIENCY • EMOTIONAL

The Comeback Kid

You're especially good at bouncing back, staying with something difficult, and finding ways to keep going even when it's hard.

Your R.E.A.L. move: Practice working through a challenge yourself before asking someone to rescue you.

HIGHEST SCORE: E • ENVIRONMENT • PHYSICAL

The Community Builder

You're especially aware of how your actions affect the people and space around you, and you help others feel like they belong.

Your R.E.A.L. move: Look for one way each day to make your classroom more welcoming or positive.

HIGHEST SCORE: A • AGENCY • MENTAL

The Problem Solver

You're especially good at taking ownership and recognizing that your choices matter. You like figuring things out.

Your R.E.A.L. move: When something isn't working, focus first on what YOU can control.

HIGHEST SCORE: L • LEADERSHIP • SPIRITUAL

The Positive Influencer

You're especially comfortable taking responsibility and using your character and choices to make things better for others.

Your R.E.A.L. move: Remember, leadership isn't about being in charge. It's about making responsible choices that help yourself and others.

Every strength matters.

Your next strength to grow

Your lowest score isn't a weakness. It's the strength you're ready to grow next. Find it below and try the quick win this week.

Resiliency: Pick one calm-down move, like three deep breaths or getting quiet and naming 3 things you can hear. Practice it every day this week, even when you're not upset.

Environment: Write an encouraging message to hang on the refrigerator or board at school.

Agency: Set one small goal for this week, write it down, and check how you did on Friday. This could be a simple task like cleaning your room without being asked.

Leadership: Do one helpful thing each day without being asked, like holding the door open for the person behind you or offering to help a classmate or a family member.

My R.E.A.L. Plan

MY R.E.A.L. STRENGTH

MY NEXT STRENGTH TO GROW

THE QUICK WIN I'LL TRY

WHEN I'LL CHECK AGAIN

A FINAL REFLECTION

"If I could change one thing about how I handle challenges, mistakes, and responsibility, what would I change?"

Share your results with a trusted adult

Your R.E.A.L. strength is something to be proud of. Talk about it with a parent, teacher, or counselor who can help you keep growing.

- Show your R.E.A.L. strength to your teacher or a parent
- Tell them which quick win you're going to try
- Take this again in a few weeks to see how much you've grown