

Developing resilience and coping with challenges in everyday life

KS1	KS2	KS3
<ul style="list-style-type: none"> ● I listen to feedback from adults. ● I carry out activities even the tricky ones. ● With help I recognise my achievements. ● I keep focused on a task that interests me. ● I use the resources I have been given to complete a task. ● I work well when given work that I enjoy. ● I manage distractions and have ways of ignoring silly behaviour by others. ● I know when to ask the teacher for help. 	<ul style="list-style-type: none"> ● I keep going with an activity for the pleasure it provides, sometimes also for praise or reward. ● I carry out an activity to reach an outcome a teacher has helped me with. ● I carry out an activity for the satisfaction of having created or learned something. ● Know when to ask the teacher for support. ● I recognise my achievements in some areas. ● I keep focused, and sustain my attention, sometimes getting slightly distracted. ● I use the resources I need to complete a task. ● I recognise when I am most motivated. ● I manage distractions at school and I am getting better at this whilst doing my homework. 	<ul style="list-style-type: none"> ● I keep going with an activity for the pleasure it provides, not for reward. ● I carry out an activity to reach an expected outcome. ● I plan, carry out and finish an activity for the satisfaction of having created or learned something. ● I set my own rewards and can reflect on tricky situations. ● I recognise my achievements and celebrate them. ● I keep focused, and sustain my attention, resisting distractions. ● I organise the resources I need to complete a task. ● I recognise how different learning contexts affect my motivation. ● I manage distractions both at school and when doing my homework. ● Can verbalise my challenges to an adult regularly.